

JOE MOTT'S DOUBLE AWARD WINNING HOT



ANA'S A TONIC

SHE'S a lot of woman, **Ana Matronic**. Here she is – with her curves – performing on the opening night of the **Scissor Sisters'** 15-date tour, in Manchester. I wasn't there, because I've seen them about 39 times, but it will have been a spectacle.

Ana, 32, makes a lot of risqué jokes between songs and fellow singer **Jake Shears**, 29, prances about the stage like a randy little fawn. If you are one of the few unfortunate folk who have not seen them live, go now. They're good.

CAUGHT LIVE

Muse AECC, Aberdeen

THERE are many bands who are quite happy to go on stage with little more than a few instruments and a couple of amplifiers. Muse are not one of them. Revolving screens and huge, inflatable, tickertape-filled balls which inevitably burst over the audience were all part of the first show in their loud, proud and vibrant new arena tour. Apart from a slow mid-set, the rockers sounded phenomenal, leading the crowd through hits like Butterflies and Hurricanes and Starlight.

ISLA MERCER

rock royalty...

if he decides to 10 minutes before he goes on stage, we'll be ready for it."

He was the best thing at the Brit Awards and is joined next week by **Jimmy Page**, **James Morrison**, **Brian**

Wilson, Joss Stone and Patti LaBelle.

I'll be upstairs in the VIP bit, because that's what's right, watching the show with a glass of champagne.

Very occasionally, I do have to pinch myself.



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CAUGHT LIVE

Lily Allen Astoria, London

RESPLendent in a fabulous array of ball dresses, reminiscent of a futuristic Pearly Queen, Lily casts a beguiling spell that's impossible not to fall under, even if reggae ain't your bag.

The 21-year-old twirled her pleasantly-portly tummy to tight, bass-heavy renditions of LDN and ska-funk floor-filler Friday Night.

Along the way, she poked fun at "seedly" **Cheryl Tweedy** and proudly dragged on a king-size fag during Littlest Things – her ode to an inadequate ex-boyfriend.

Lily's refreshing lyrical sharpness continued when she expertly disposed of a foolish male heckler with "so's your mum" before offering a cheeky curtsy.

I agreed with Lily's own sentiment, the **Keane/Kooks** medley did seem a bit "lame". But a bouncing encore of Alfie restored the girl's five-star rating, confirming Lily's talent far exceeds that of her peers.

JAMES CABOOTER



Picture: WEINN

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I'M BECKHAM OF THE DALES

Matt has footie ace looks



REAL THING: Beckham

BECKS lookalike Matthew Wolfenden is about to send pulses racing across the Yorkshire Dales.

The 26-year-old hunk has a striking resemblance to the ex-England skipper.

And he's looking to score a major soap success as Emmerdale new boy David Metcalfe, who bursts onto the village scene

EMMERDALE EXCLUSIVE

hell bent on tracking down his wayward dad.

With his looks he is sure to get the girls drooling when he arrives in a fortnight's time. Matthew says it's not bad having Becks appeal, but he never set out to look like the footballing great.

And he revealed there are perils to having an uncanny resemblance to the Real Madrid idol.

"There are worse people to be associated with, I guess, but it's still a bit crazy," said Matthew.

"I don't make a conscious effort to look like him at all. But I know I have a similar look, which means there are always going to be comparisons."

"Even one of the set dressers here asked me if I would do any Beckham lookalike work."

"I was like: 'What? I'm on Emmerdale now and you're asking me to pretend to be Becks? It's crazy!'

Secret

Matthew, a rising theatre star, has left the stage behind for now to spice things up in the Dales.

He plays troubled David, who has a dark secret – he's Eric Pollard's son.

Eric (Chris Chittell, 58) has no idea he even has a son, and David plans to keep it that way until the moment is right.

Producers of the ITV1 saga are tipping Matthew, who has just finished a nationwide tour with the hit musical Saturday Night Fever, to drive female fans wild.

But the lad from Halifax, West Yorks, reckons he'll never be able to get used to being called a hunk.

He said: "I keep waking myself up at night terrifying myself thinking about being considered a so-called celebrity."

"But I'm sure if I keep my head down and stay out of trouble I'll be fine."

"I just hope my friends still want to go out with me, because I'm sure there will be people who want to come up and throw things at me!"

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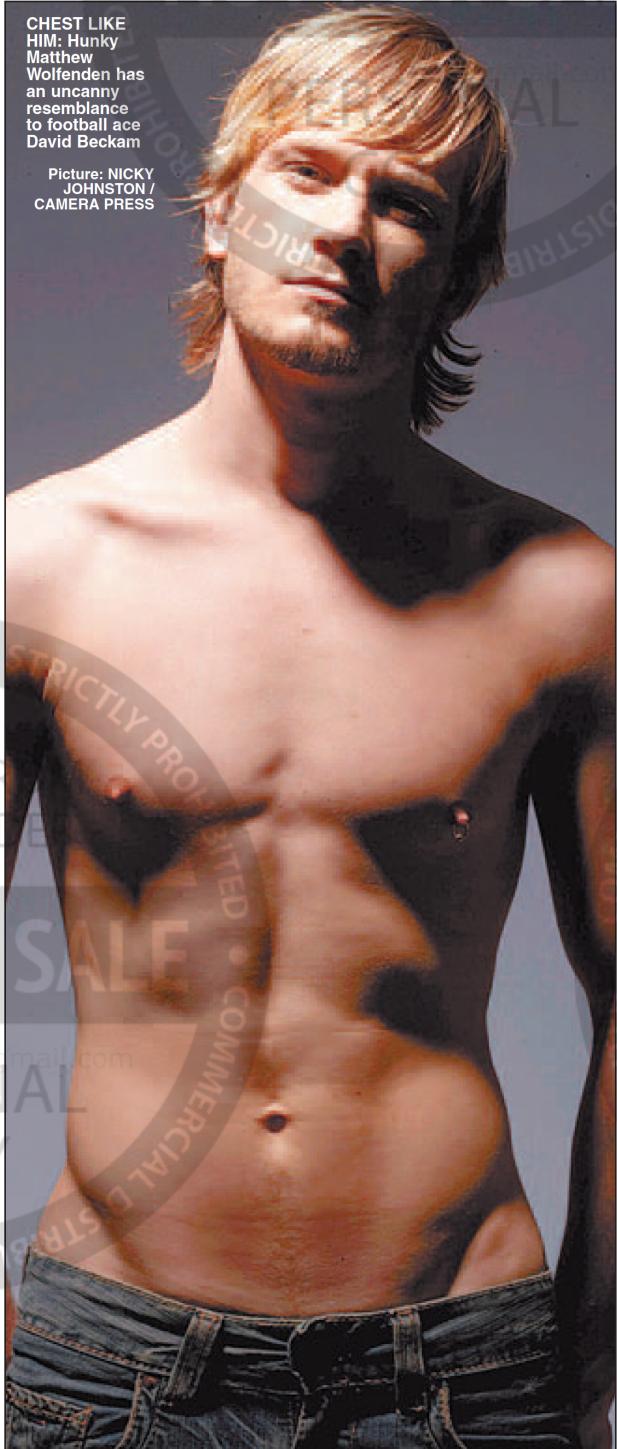
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**CHEST LIKE
HIM: Hunky
Matthew
Wolfenden has
an uncanny
resemblance
to football ace
David Beckham**

Picture: NICKY
JOHNSTON /
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TARRANT WIFE IS TRUCKIN' LUCKY!



THE estranged wife of Chris Tarrant had a lucky escape when a telly driving stunt went horribly wrong. Ingrid Tarrant, 52, who recently split with the Who Wants To Be A Millionaire? host, 60, was involved in the crash while filming Sky One show The Race. She was driving a monster truck over a ramp when it flipped over and landed on its roof. Rescuers pulled her from the wreckage and she was

■ by OLIVIA MATTHEWS

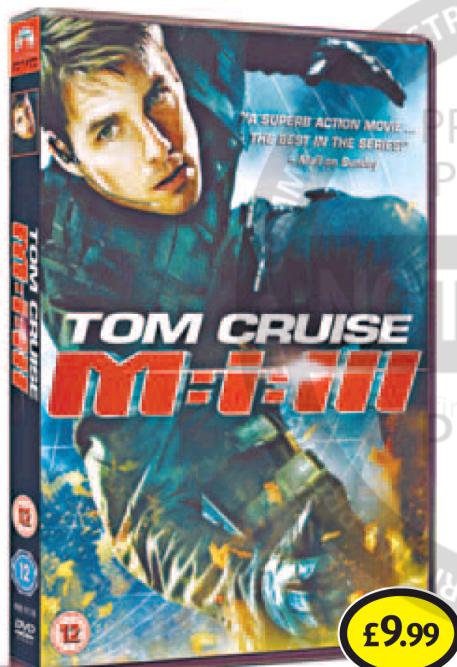
treated by paramedics at the Silverstone track in Northants. ■ A show spokesman said doctors gave Ingrid the all-clear but she was seriously shaken by the crash. He said: "She was conscious when they reached her and lucid. Luckily she seems to be fine."

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Picture: JUSTIN DOWNING / SKY

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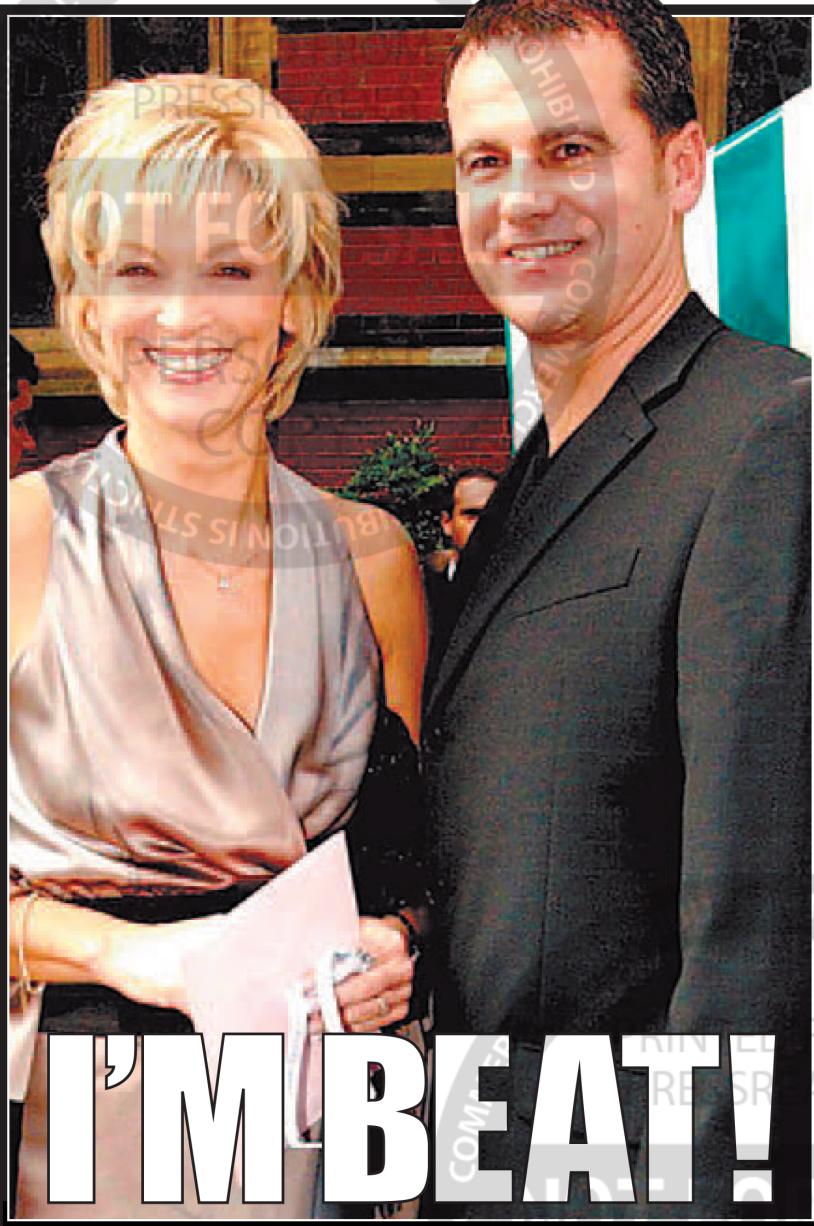


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Gill quit panto before bust-up

EXCLUSIVE

■ BY ROSS KANIUK

STRESSED Gillian Taylforth pulled out of a panto BEFORE her man allegedly hit her.

Last night pals expressed concern over the former EastEnders star's well-being after it was revealed she has been suffering from "nervous exhaustion".

Blonde Gillian, 51, needed three stitches after her 20th anniversary meal with Geoff Knights, 53, ended in violence.

Police and an ambulance were called to The Bill star's home in Broxbourne, Herts.

It was claimed Knights sent her flying over a sofa. He was arrested but freed when she refused to press charges.

Gillian had already cried off from appearing in Snow White in Northampton though rehearsals were not due to start for a month.

A shocked friend said: "She has been run down and desperately



needs to take things easier. Her daughter, Jessica, 14, has also been ill.

"It's astonishing she should have had to go to hospital after a row when she's so unwell."

Days before the incident, which allegedly took place in front of the

couple's seven-year-old son Harrison, Gillian told the Northampton theatre she was pulling out of their panto."

The star, who makes her debut in Sun Hill tonight, said yesterday: "I had to cancel because I'm ill. I have flu and a chest infection."

Fuming

But theatre chiefs were privately fuming that the actress had left them in the lurch. Former Albert Square co-star Letitia Dean, 39, will play the Wicked Queen instead.

A theatre insider said: "We were told Gillian was pulling out because of exhaustion and she would provide a doctor's letter."

"Yet she's doing plenty of TV work. And she should manage to get over flu and chest infection in a month."

Last night Gillian was fit enough to appear on Paul O'Grady's ITV1 show and plans to film six days a week for The Bill in coming weeks.

ross.kaniuk@dailystar.co.uk

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BULLIED MUM SPENDS £35K ON MAKEOVER

■ by LAURA FANNON

MUM Maria Dixon has hit back after suffering a lifetime of bullying - by having £35,000 worth of cosmetic surgery.

Maria, 39, got the new look of her dreams by fixing her nose and teeth, then having a brow and eyelid lift.

Finally, she polished up her glam image with liposuction to her chin, thighs and stomach.

"The first time I saw my smile in the mirror I cried with happiness," said mother-of-two Maria, from Oldham, Lancs.

Now the IT worker is being featured in the hit TV show Extreme Makeover.

Abuse

Maria had suffered from low self-esteem after battling mental and physical abuse at the hands of school bullies and then from two ex-boyfriends.

But pals and her husband David, 42, egged her on to have a makeover - and Maria decided to go the extra mile.

"I absolutely love my new look," she said. "I feel like a new person and I'm so much more confident than I was before."

"Having cosmetic surgery is not a quick fix and not a decision I took lightly."

"It wasn't a weight thing as I was already going to the gym and felt quite healthy - I just wanted my curves back in all the right places."

See Maria's new look in Extreme Makeover on Living TV tonight at 10pm.

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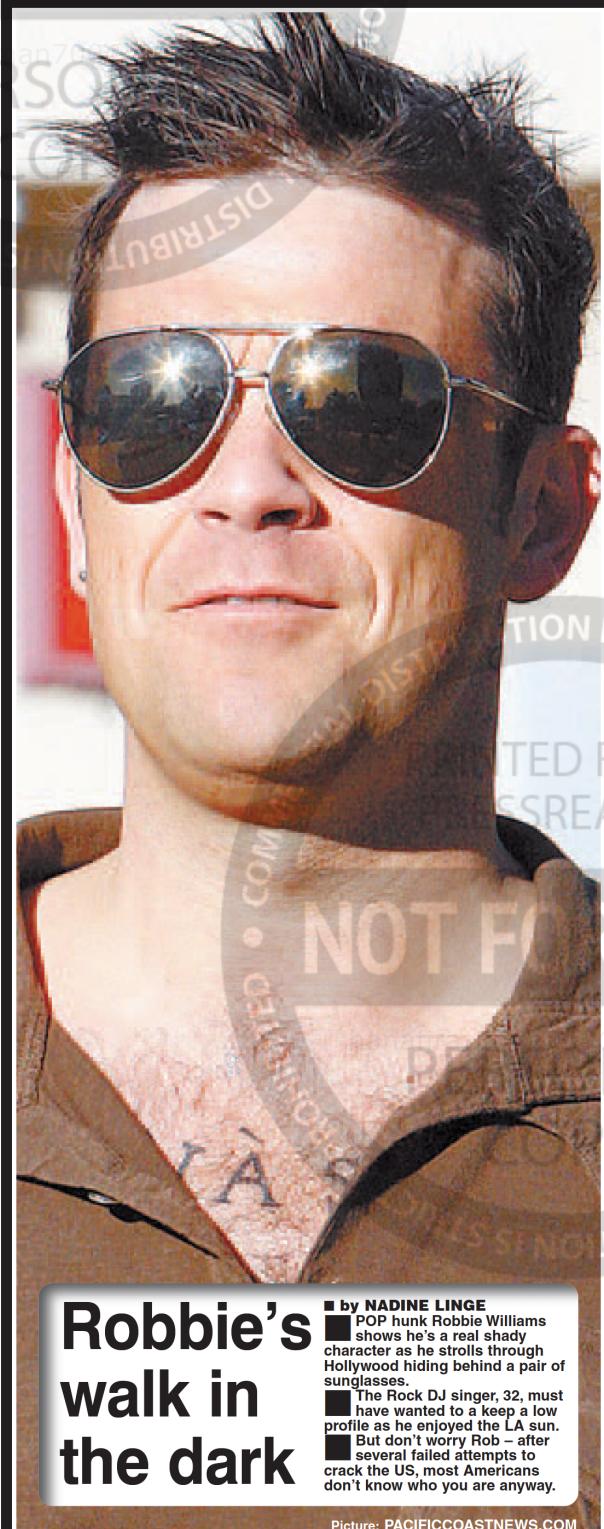
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EEK! THERE'S A POLISH MIGRANT IN OUR BED



**Robbie's
walk in
the dark**

■ by NADINE LINGE
POP hunk Robbie Williams
shows he's a real shady
character as he strolls through
Hollywood hiding behind a pair of
sunglasses.

■ The Rock DJ singer, 32, must
have wanted to keep a low
profile as he enjoyed the LA sun.
■ But don't worry Rob - after
several failed attempts to
crack the US, most Americans
don't know who you are anyway.

Picture: PACIFICCOASTNEWS.COM

■ by JAMES MOORE

STUNNED Graham
Handley rolled over
in bed to find a
Polish immigrant
lying next to him.

The 45-year-old dad
thought it was his wife
snuggling up.

But he got the shock of
his life when he realised a
burly bloke was tucked in
beside him.

And he leapt from the bed
when he called out and the
intruder replied in Polish.

Trousers

Graham and his wife
Linda, 45, had been on a
night out in Scunthorpe,
Lincs, and forgot to bolt
the door after them.

Linda ended up sleeping
with their son Adam, eight,
after he had a nightmare.

Graham said: "I went to
sleep but at 5.20am I heard
the bedroom door open,
heard a zip go down then



heard this pair of trousers
hit the floor.

"I called out and he just
spoke back in a foreign
language. He was asleep
straight away, so I got up
and put my clothes on."

Police escorted the man
away but he has not been

charged with any offence.
Linda thinks he was going
to a house in the next
street but got mixed up.

She laughed: "I don't
think he had any other
motive - he was just tired
and confused."

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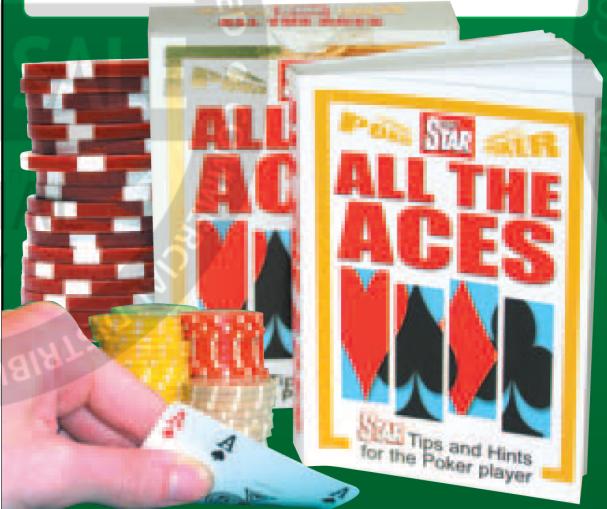
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WHEN THE STARS TALK THEY

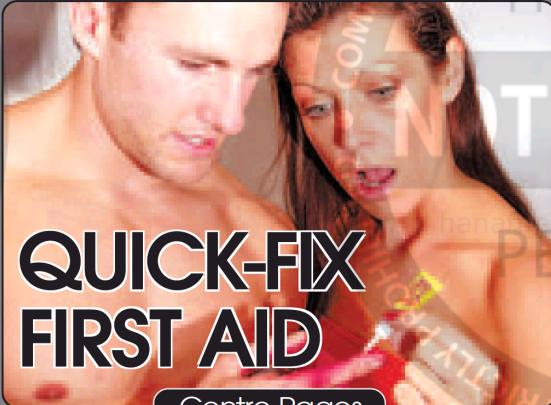


HITTING THE JACKPOT:
Sarah and Cheryl, right, put on the glitz in their vid, before joining the rest of the girls for a chat with our Kim, below



Picture: HUMPHREY NEMAR

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Centre Pages



Back Page

How 007 Daniel was turned into



MUSCLE BOND

FANCY the body of a super-fit superspy? Here's how to turn yourself into 007.

Hunky Daniel Craig put his body through a punishing fitness regime to play James Bond.

And the result is a rippling torso most fellas would kill for.

The Chester-born actor, 38, worked out four days a week to develop the bulging biceps, sexy six-pack and muscular thighs he needed for £150 million blockbuster Casino Royale.

Training

Daniel – who has dated Sienna Miller, 24, and Kate Moss, 32, in the past – explains: "I started training for the film when I knew there was a possibility I might get the part."

"I thought: 'I'll start trying to get myself fit anyway and even if it doesn't come off I'll live another year.'

■ by PHIL BOUCHER

Daniel embarked on a strict diet and strenuous programme of sessions under the guidance of a former military fitness instructor. The result is amazing. Yet it doesn't mean Daniel has become a fitness freak.

"I'm not obsessive about fitness," says Daniel. "I work out three or four times a week but I take the weekends off and drink as much Guinness as I can get down my neck."

Casino Royale hits cinemas nationwide on November 16.

While that doesn't give you much time to transform your body into that of 007, here we offer some top tips from trainers and Royal Navy experts to help get you ship-shape...

CARDIO TRAINING

NAVY training includes arm, trunk and leg exercises, such as squat jumps, stomach crunches, press-ups, sit-ups, bench dips, arm curls, bench jumps, squat thrusts and any other kind of cardio-vascular workout. They will typically do this twice a week for 45 minutes, rotating the exercises every couple of minutes.

Lt Cdr Joe Wood, of the Navy's crack Physical Training School at HMS Temeraire, says: "The training is designed to test your whole body to the limit. It's like the training professional rugby players take on so they can handle all the knocks that come their way."

PUMP IRON

GET in the gym and get those irons pumping. However, weights work should only be carried out every other day. Do a light 10-minute warm-up first and make sure your sessions last no more than one hour, followed by a post-exercise stretch. Repeat each exercise no more than 16 times on each body part.

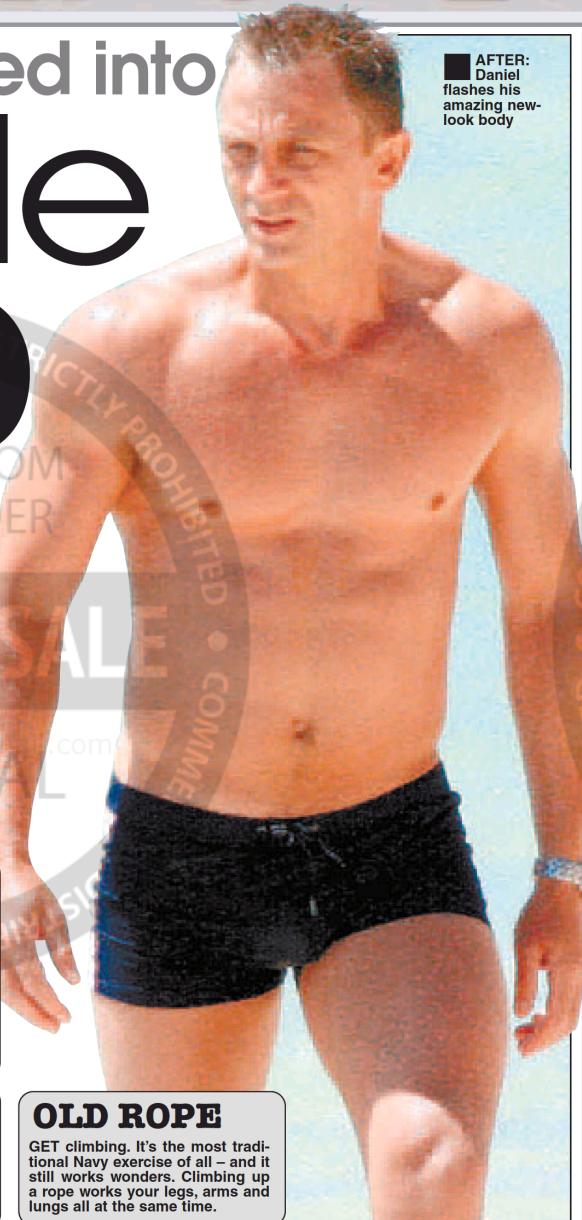
TUCK IN

CELEBRITY trainer Matt Roberts says: "Daniel must have consulted a nutritionist. The key thing is that he would need a series of small meals rather than a few big meals – probably five or six a day."

"He'd need good carbs for breakfast, such as porridge with lots of fruit. For lunch he would eat something like brown rice with roasted veg and some protein, such as prawns. For the evening meal, he would need to eat plenty of good, lean protein, such as tuna steaks or chicken, with salad or veg. He'd also need to snack on things like smoothies, fruit and oat bars."

GO COMMANDO

COMMANDO press-ups give you abs of steel. Assume a normal press-up position, but bring one knee up to your shoulder to let your arms take the maximum weight. Or try the even tougher snake press, where you bend your arms, pull your neck back, dip and roll your nose along the floor as far forward as possible.



AFTER:
Daniel
flashes his
amazing new-
look body

OLD ROPE

GET climbing. It's the most traditional Navy exercise of all – and it still works wonders. Climbing up a rope works your legs, arms and lungs all at the same time.

Fit

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No one's saying you shouldn't get along to the doc's pronto, but a bit of handy know-how can help give the medics a fighting chance when they do get to work.

● From the December issue of Men's Health, on sale now.

Pictures: HUMPHREY NEMAR

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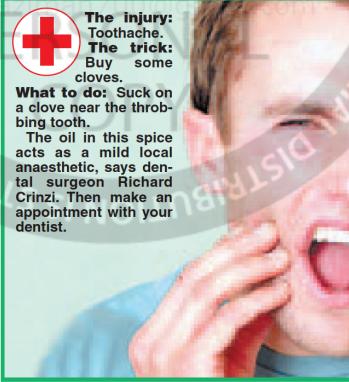


KILLER CA

The injury: Toothache.
The trick: Buy some cloves.

What to do: Suck on a clove near the throbbing tooth.

The oil in this spice acts as a mild local anaesthetic, says dental surgeon Richard Crini. Then make an appointment with your dentist.



GETTING TH



The injury: You've just sliced off the tip of your finger.
The trick: Put it back on.
What to do: First, stop crying. You can stop the bleeding and speed the repair simply by reapplying the missing part. Run water over both the wound and

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THE SICKENING TRUTH



The injury: Nausea.
The trick: A golf ball/marble.
What to do: Sailors swear by ginger to ease sea sickness and nausea. "But there's an acupuncture trick that works just as well," says GP and acupuncturist Dr.

Martin Ehrlich. First, find the pressure point pericardium 6. From the heel of your palm measure three finger widths toward your elbow. In the centre of the wrist area, tape a marble or a golf ball snug on that point (see above) and your tummy trouble should subside.

MEDICAL EMERGENCIES? **PLUS** FLASH A HAPPY FACE **Fit****Aid Team****AVITY****HE CHOP****ONION BRINGS RELIEF****The injury:** First-degree burn.**The trick:** Smother it in onions.**What to do:** "You don't ice a burn," says GP and acupuncturist Dr. Ehrlich.

"Freezing decreases circulation

and you need the healthy cells in your blood to heal."

The key is to expel the excessive heat. Run the burn under cool water for several minutes.

Halve a raw onion and place it on the wound for 15 minutes. Onions contain mild analgesic, Ehrlich says.

ie flap you lopped off. Put the piece back into place and apply pressure. If you've no plasters use super glue. Pat the area dry, then carefully use around the outside of the flap. Don't glue your good finger to the jured one, says A&E doctor Mark otash. Head to A&E and get some proper care.

HAND CUT BY GLASS**The injury:** Pieces of glass stuck in your palm.**The trick:** Hot and cold water.

What to do: Swallow your squeamishness and pull out the big pieces. The trick for the remaining tiny shards is to run your pierced palm under water, alternating between hot and cold.

"The water will help clean out most of it," says Dr Notash.

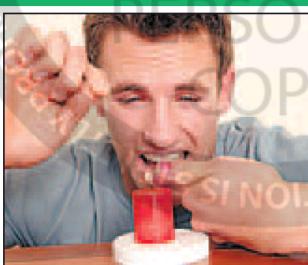
"But the hot and cold will expand and contract the skin and help squeeze out the shards."



RESEARCHERS at the University of Georgia in Athens, USA, have found that the best thing you can do to boost your energy is not swill back

Fit FACT

a cup of coffee or an energy drink but to exercise. So next time you have no energy there is no excuse for lazing on the couch.

NUMB THUMB**The injury:** You hit your thumb with a hammer.**The trick:** Release the blood trapped under your nail.

What to do: Light a candle and uncoil a paperclip. Numb the area with ice, heat the endpoint of the paper clip in the flame, and groove two tiny holes in your nail. "The release of the blood will help relieve the pain and may save your nail," says Dr Thomas Tallman, an accident and emergency doctor at the Cleveland Clinic, Ohio.

Why Kylie's smile's such a winner

WE just can't get Kylie Minogue out of our heads – and it could have something to do with her smile.

The gorgeous Aussie, 38, has the best smile in the world, according to a survey out today.

Other celebs who are top of the grin stakes are stunning Cat Deeley, 30, and telly icon Jonathan Ross, 45.

But not everyone's a winner in this department.

According to The Oral-B Vitality Smile Report, most of us would like to see some of our best-known faces cheer up a bit.

Researchers found 28% of us would like to see Victoria Beckham, 32, show off her pearly whites some

more. And Anne Robinson, 62, was voted the weakest link due to her lack of grinning.

One in 10 think Tony Blair, 53, is a smiley person – but watch out Gordon Brown! According to 16% the 55-year-old Prime Minister-in-waiting should smile more often.

Oral-B Vitality Smile expert Honey Langcaster-James, a specialist in the psychology of fame and celebrity, says: "A warm smile can alter moods, change attitudes and has the power to make us feel better about ourselves and the world around us.

"So, it's not surprising that we want our celebrities as well as our friends and family to be smiley."

A WHOPPING
80% of us say rude
people are certain to
stop us smiling.
Other gripes include
queues (44%) and
litter (38%).

GRIN AND TONICS

CHEERY: Cat Deeley



TELLY NICE: Ross



PRIME SMILE: Blair

FROWN AND OUTS

WEAKEST LINK: Anne



DOWN 'N' POUT: Posh



GLUM: Gordon Brown

How to ensure you have a good smile

● **BRUSH** your teeth regularly – and invest in an Oral-B Vitality toothbrush. It's clinically proven to remove twice as much plaque as a manual brush.

● **DON'T** forget to floss between your teeth and use mouthwash after brushing.

● **DON'T** forget to visit your dentist regularly.

Oral-B has launched a competition to find the smelliest people in Britain. Check out www.mybigsmile.co.uk – enter and you could win a VIP trip to Los Angeles!

Fit

Chewin' the FAT

TALK OVER YOUR HEALTH QUERIES WITH OUR PANEL OF EXPERTS

OUR crack team of health experts want to help you solve your problems.

They'll tackle anything from fear of flying to your most intimate sex worry.

Check out the panel on the right and see how you can contact them now.

Here they answer the latest batch of readers' queries...

DR CHRIS STEELE

Health expert



One of the UK's best known GPs, Dr Chris, 61, has been giving tips on This Morning for 18 years, plus on the radio. See www.thefamilyGP.com

FRANCES FURLONG

Beauty expert



A nurse for eight years, Frances, 29, was a sister in laser corrective surgery. Now a nurse practitioner in aesthetics, she's a professional practice graduate. www.cityskinklinic.co.uk

GARETH EDWARDS

Nutrition expert



A member of the British Association of Nutritional Therapists, Gareth, 42, has a food-based approach to health issues. www.food-for-life.co.uk

PLEASURE PROFESSOR

Sex expert



Famed for her appearances on Five's *Trisha Show*, our sexy prof, 30, is a teacher of tantric sex, yoga, reiki and EFT, with clinics here and in Spain. www.pleasureprofessor.com

HARVEY WALDEN

Fitness expert



A US marine for 22 years, Harvey, 39, is famed for his boot camp approach to getting fetties fit on *Celebrity Fit Club*, and a US version. www.harveywalden.com

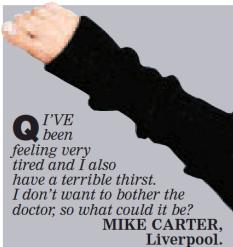
RON BRACEY

Mind expert



Ron, 46, is a chartered clinical psychologist who has more than 20 years experience in both the public and private sectors. www.urbanpsychologist.com

To contact our experts, text DSHEALTH followed by your name and question to 82100 (texts cost 25p plus your normal mobile operator cost), e-mail health@dailystar.co.uk or write to: Daily Star Health, Northern & Shell Building, 10 Lower Thames Street, London EC3R 6EN.



Q I've been feeling very tired and I also have a terrible thirst. I don't want to bother the doctor, so what could it be?
MIKE CARTER, Liverpool.

DR CHRIS SAYS: GET to your doctor, you may have diabetes – a condition that causes high levels of sugar in the blood.

This can put you at high risk of a heart attack, stroke, blindness, kidney failure, impotence and gangrene in the legs with subsequent amputation.

So you really must make sure that you go and "bother" your GP.

He will test your urine for sugar – if it's present he'll then do blood tests.

If you do have diabetes, a new diet and increased exercise may control it, or you may have to take a tablet to help bring your blood sugar under control.

Sexercise of the week

SIDE LEG RAISES

HOW TO DO IT: Lie on your side using your bottom hand to support your head and the top hand to stabilise your body.

Ensure your hips and shoulders are in line and that you are not twisting. Bend your bottom leg at the knee keeping your thigh straight.

Extend your top leg out straight and then lift it slowly from the hip to a 45 degree angle before lowering again.

Before completely lowering the leg to the ground, repeat the move. When you have done 10 on one side, change sides.

HOW IT WORKS: This strengthens outer thigh muscles, the gluteus maximus and the oblique muscles as well as giving the hips added flexibility.

Strengthening the core muscles and the thighs gives added strength to enjoy more athletic sexual positions such as the woman wrapping her legs around the man's waist while he remains in a standing position.

Increased hip flexibility and the added movement mean a woman can adjust her hips for the best stimulation during sex.



Goodbye beer belly

Eye don't want to look so old

Q I DON'T have bags under my eyes but I do have dark circles which make me look years older. I've tried cover-up creams, even *Touche Eclat*, which didn't work. Can you suggest any other cream? I've read about surgery but I'm not sure what it's called or how effective or safe it is.

JO JAYEFIN, Coventry.

FRANCES SAYS: It could be hereditary. If the skin is thin, blood passing through large veins can produce a bluish tint. Exposure to the sun increases melanin and hyperpigmentation so good SPF is essential. Allergies and medications can dilate vessels and poor diet can also cause problems. See a qualified practitioner and try SkinCeuticals eye cream.



I AM a 34-year-old man who wants to eat more healthily and get in shape but I don't know where to start. Diet is one of my main problems. All the advice tells you to eat more veg but I only really like potatoes and marrowfat peas.

I do like pasta and rice. What else can I eat to help me lose weight and feel better about myself?

I also need to exercise but don't know what will work best for me. I want to feel more confident with my body. I feel embarrassed when I remove my T-shirt, even in front of my wife, as I have a beer belly. I don't drink a lot – I only have one night out a month. I want to lose the belly and add definition to my stomach.

MARK RIDDELL, Barnsley.

HARVEY SAYS: Go and measure your belly just above your waist over the navel and make note of it. You will notice that

inches vanishing if you stick to the diet and exercise – which will give you the motivation to hang in there.

Also, tell the wife to get one last look and feel, because the beer belly will be disappearing... soon!

First off, when you wake up in the morning, knock out some press-ups before you brush those fangs.

Then hit another set before getting ready for work.

If you have access to a gym, hit it five times a week and start burning those calories with 15 minutes on the elliptical, 15 on the treadmill and finish with 15 on the stationary bike.

Increase this by 10% after a week.

I also want you to hit the upper body with the bench press, lateral pull-down, shoulder press, barbell curls and machine pullover.

When you are performing these exercises contract your abs – but don't sacrifice your breathing.

Once you are done hit the ab machines to include obliques for three sets of 15 reps as well as

crunches on the stability ball. Only hit the weights three times a week with rest days in between.

Stay hydrated and watch what you eat and how much.

I'm willing to bet you drink more than you think.

There are a lot of calories in a pint, so cut back.

GARETH SAYS: If you really can't eat veg, I'd recommend InnerLight supergreens.

This powdered supercharger should help your body get revved up for Harvey's action programme. Order it at www.food-for-life.co.uk. If you eat pasta and rice make sure they are brown (not white) and cut out sweets, chocolate and fizzy drinks.

GIVING counting calories new meaning
the humble celery actually has negative calories – it burns more energy eating and digesting one vegetable has in it initially.

Fit FACT

Spirit level is up

Q MY brother became a born-again Christian 15 years ago and I'm worried that he's becoming more and more fanatical.

He even calls himself a fundamentalist. He says that anyone who doesn't believe in Jesus should leave the country and warn that Jesus promised to spread his message with a sword.

I don't have any problem with religion but I'm worried he may do something silly. How can I get through to him?

MARK STEIN, London.

DR RON SAYS: He has found his own peace, but you don't like his chosen route. He may have emotional issues.

Focus chats around him and who he is, but be subtle and don't offend him. Emphasise the importance of things you have in common and he may gradually be able to see the life he's missing out on.

Sex off our list

Q I MOVED in with my partner six months ago and our sex life has died.

At first we were at it all over the house, but now we rarely bother. We haven't roved, we just don't seem to be physical any more. It is partly my fault as I'm just not that interested but I'm starting to worry that he's having an affair.

ALISON MOYSE, Bath.

THE PLEASURE PROFESSOR SAYS: ASK your self what's changed in you since you moved in? Do you still make an effort to be sexy? Get a make-over, hairdo, buy full-length, sexy boots! Try NLP therapy (see my website). Do daring dances and unleash the sexy women within you and mark my words he'll do the rest. But act quickly!

MARK STEIN, London.

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TALK TO THE **DAILY STAR** WHEN THE STARS TALK THEY TALK TO THE **DAILY STAR**

FUN ALOUD:
Nadine, Sarah, Nicola, Cheryl and Kimberley are in the money in their hot new vid, but end up all tied up, below

Girls on top



hot EXCLUSIVE by KIM DAWSON

NO wonder Girls Aloud are splashing the cash – they have plenty to celebrate.

The gorgeous girls have just scored their first No 1 album. And as I broke the news to them, the five let out screams of excitement.

They are already planning a massive party to mark the band's fourth birthday. Now they are also planning a more permanent celebration of the success of *The Sound Of Girls Aloud – The Greatest Hits*.

Nicola Roberts, 21, reveals: "We always said we'd have tattoos when we had a No 1 album, thinking we'd never get one. Now we have!"

"We should put it on the website and ask our fans what they think we should have done."

But Kimberley Walsh, 24, reckons that could be a mistake: "They'll come back with a picture of their face or something! Maybe we'll have it tattooed on the soles of our feet."

Choosing tattoos is not the only thing on the girls' minds. They're also preparing to fight it out for the Christmas No 1 single with their cover of Tiffany's 1988 hit *I Think We're Alone Now*.

Casino

The video is sure to hit the jackpot with their army of male fans – it shows the sexy fivesome escaping with a fortune in cash after raiding a casino.

They have filmed three different endings. 3 Mobile users can download them via the new 3MusicStore and vote on which ending should be used in the finished video.

Nicola says: "It would be

Pictures:
ELISABETH HOFF

great to have a Christmas No 1, but it's going to be X Factor this year, isn't it?"

That would be ironic. Girls Aloud were formed on another ITV talent show *Popstars: The Rivals*. Their first release, *Sound Of The Underground*, was the Christmas No 1 in 2002.

The girls have since gone on to take Girl Power to a whole new level, along with their pals the Sugababes.

Kimberley says: "We

saw the Sugababes the other day and said: 'Thank God we've got each other! No-one else is really around.'

Cheryl adds: "We've always had the Sugababes around and we always will. Neither of us is going anywhere."

But while they are full of praise for their fellow girl-band, they have had some harsh words to say about other celebs in the past.

And I'm delighted to report that they're showing no signs of keeping those lips zipped.



Harding, 24, insists: "We're just ourselves and we say what we want. Sometimes it gets us into trouble, but we don't care."

Humour

This time, they have Avid Merrion – alias comic Leigh Francis, 33 – in their sights for his rubber-faced version of Madonna, 47, at last week's MTV Awards.

"He's despicable, I hate him," says Nadine Coyle, 21. "Leigh is a nice guy, but Avid! The humour is juvenile and disgusting."

"He's creepy," agrees Cheryl Cole, 23. "Did you see Victoria Silvstedt with him on his show? I happened to be flicking over the TV and saw her pretending to give him oral sex. It was foul!"

But there is one dissenting voice. Sarah whispers: "I quite like the bear..."

Still, I guess an Avid Merrion tattoo is probably out of the question.

• You can download the *I Think We're Alone Now* video via the 3MusicStore next week at www.three.co.uk

BBC One

6.00 Breakfast (W) (S) 69794205
9.15 Animal 24:7 (W) (S) 3585175
10.00 City Hospital (W) (S) Followed by News, (W) (S) Weather, 33934
11.00 To Buy Or Not To Buy (R) (W) (S) 7651934
11.45 Hard Sell (W) (S) Followed by BBC News, (W) (S) Weather, 578576
12.15 Cash In The Attic (W) (S) 7950311
1.00 BBC News, Weather 57514
1.30 Local News, (W) (S) Weather 14062309
1.40 Neighbours (AD) (S) 7750175
2.05 Doctors (W) (S) 84530663
2.35 Murder, She Wrote Jessica stops off to see an old friend who owns a luxurious Monte Carlo hotel. (R,S) 2183408
3.20 BBC News, (W) (S) Local News, Weather 3446750
3.25 CBBC: ChuckleVision (AD) (R) (W) (S) 1841359 3.40 Arthur (W) (S) 9726572 3.55 What's New Scooby-Doo? (AD) (R) (W) (S) 6683972 4.15 The Story Of Tracy Beaker (AD) (R) (W) (S) 580446 4.45 Keep Your Hair On: Celebrity Scissors (W) (S) 793475 5.00 Blue Peter (W) (S) 6239069 5.25 Newsround (W) (S) 9791886
5.35 Neighbours (R) (W) (S) 614408
6.00 BBC News (W) (S) 595
6.30 Local News Programmes, (W) (S) Weather 175



DIY SOS: Nick Knowles and his team are back for a new series, 8.30pm

BBC Two

7.00 CBBC: Batfink (R) (W) (S) 3178408 7.05 Trollz (R,S) 2496408
7.30 Roar (W) (S) 84224 8.30 CBeebies: Charlie And Lola (R) (W) (S) 1836682 8.40 Boogie Beebies (R) (W) (S) 1928972 8.55 Tweenies (R) (S) 1914779 9.15 Something Special (R) (SL) (W) (S) 7293427
9.30 Big Cook Little Cook (AD) (R) (W) (S) 6229311 9.50 Lunar Jim (R) (W) (S) 7459392 10.00 Barnaby Bear (R) (W) (S) 6555069 10.15 Our Planet (R) (W) (S) 6538392
10.30 What The Ancients Did For Us (AD) (W) (S) 35446
11.30 The Daily Politics With Andrew Neil. (W) (S) 10359
1.00 Downsize Me Property advice. (R) (W) (S) 55156
1.30 Working Lunch (S) 80717
2.00 Small Town Gardens Leading designers recreate small outdoor spaces. (W) (S) 16613934
2.15 Sun, Sea And Bargain Spotting In the Italian town of Arezzo. (R) (W) (S) 275137
3.15 Castle In The Country (W) (S) 862427
3.45 Flog It! (W) (S) 1165137
4.30 Ready, Steady, Cook (W) (S) 6037799
5.15 Weakest Link (S) 3918601
6.00 Sudo-Q (W) (S) 137
6.30 Strictly Come Dancing – It Takes Two (W) (S) 717



NATURAL WORLD: Bear expert Charlie Russell rescues cubs and prepares them for life in the wild, 8pm

Channel 4

6.00 Cubeez (R,S) 6552175
6.10 The Hoobs (AD) (R,S) 3698576
6.35 The Hoobs (AD) (R,S) 3721663
7.00 Freshly Squeezed 41953
7.30 Friends (AD) (R,S) 4624175
7.55 Everybody Loves Raymond (R,S) 4609866
8.25 Will & Grace (R,S) 4323243
8.55 Frasier (R,S) 9968779
9.30 The Play's The Thing (R,S) Followed by 3 Minute Wonder. 45311
10.30 Make Me A Grown Up A 17-year-old with an aversion to boys. Last in series. (R,S) 37137
11.00 Ballet Changed My Life: Ballet Hoo! (R,S) 46408
12.00 News At Noon (S) 57171
12.30 Headland Sasha enjoys her power over Andy and Mel. (S) 24330
1.30 The King Of Queens Doug and Carrie make new friends. (R,S) 7752601
1.55 FILM: Cattle Empire 1958 (U) Western, starring Joel McCrea and Gloria Talbott. (S) 90132972
3.30 Countdown With Tony Christie. (S) 3792866
4.15 Deal Or No Deal Cash-based competition. (S) 3702953
5.00 The New Paul O'Grady Show Pink and Harry Hill chat to the host. (S) 4514
6.00 The Simpsons (R,S) 205
6.30 Hollyoaks Tension brews in the McQueen household. (S) 885



GOLDPLATED: Terese spends the night in a motel with her lover while Darren is away, 10pm

Five

6.00 Milkshake! The Save-Ums! (R,S) 70194705 6.10 Bear In The Big Blue House (R,S) 26205069
6.40 Roobarb And Custard Too Cartoon fun (R,S) 75897156 6.50 Hi-5 (R) (SL) (S) 6518205
7.25 Rupert Bear (R,S) 4395156 7.45 Make Way For Noddy (R,S) 55476763
8.00 Fifi And The Flowertots (R,S) 2226755 8.15 Peppa Pig (R,S) 2375408 8.25 Thomas & Friends (S) 3771840 8.40 Bird Bath (S) 4062717
8.50 Mio Mao (S) 4051601
9.00 The Wright Stuff (S) 8277156
10.30 Trisha Goddard (S) 8519934
11.30 five news (S) 3373576
12.00 Home And Away The survivors leave Kim and Kit behind. (AD) (R) (SL) (S) 7101137
12.30 BrainTeaser Contestants try to win money. 25345408
1.40 FILM: Sleeping With The Devil 1997 (PG) A woman's life is turned upside down by the discovery that her perfect boyfriend is psychotically unbalanced. Drama, starring Shannen Doherty. 83006021
3.35 FILM: Columbo: Negative Reaction 1974 (PG) Drama, starring Peter Falk. (S) 3096359
5.30 five news (S) 2282972
6.00 Home And Away Rachel is rushed to hospital. (AD) (S) 2289885
6.30 In The Grid Quiz show, hosted by Les Dennis. 2270137



IN THE GRID: Les Dennis hosts the quiz show in which contestants must eliminate their opponents, 6.30pm

ITV1

5.30 ITV News (S) 21224
6.00 GMTV (W) (S) 8072514
9.25 The Jeremy Kyle Show Talk show. (W) (S) 6569446
10.30 This Morning (W) (S) 18156
12.00 This Morning: I'm A Celebrity – Jungle Fever 53175
12.30 Loose Women Sheree Murphy answers viewers' dilemmas in the regular Loose Morals slot. Guests Lisa Maxwell and Paddy McGuinness also drop in. (W) (S) 33088
1.30 ITV News (S) 77243
2.00 The Price Is Right (S) 3885
2.30 Dickinson's Real Deal A woman tries to sell her Moorcroft vases, but David responds with a paltry offer, arguing they're badly damaged. Turning him down flat, she takes her wares straight to auction. (W) (S) 73974
3.28 Local Weather (S) 3470717
3.30 CITV: Pocoyo (W) (S) 5884514
3.35 Mr Bean: The Animated Series (R,S) 8817804 3.55 Tricky Quirkies (W) 2978750 4.00 Horrid Henry (W) (S) 8029953 4.15 Bel's Boys (AD) (R) (W) (S) 8019576 4.30 Jungle Run (W) (S) 798
5.00 The Price Is Right Double bill. Comedian Joe Pasquale hosts an updated version of the classic game show. (W) (S) 6972
6.00 Local News (S) 663
6.30 ITV News (S) 243



EMMERDALE: Adam loses his cool when the defence solicitor reveals he practised medicine illegally, 7pm

7 PM

7.00 Open All Hours Granville tries to persuade Arkwright to buy a van. (R,S) 9205
7.30 Real Story With Fiona Bruce Soldiers returning from Iraq talk about the treatment they receive on their arrival in Britain. (W) (S) 359

8.00 Traffic Cops New series. Insight into the working life of traffic police. (W) (S) 8953
8.30 DIY SOS New series. Nick Knowles and the team return to help a Fishguard couple with quadruplets to renovate their bedroom. (W) (S) 7088

9.00 Panorama Special Investigating the release of prisoners into bail hostels, including secretly filmed footage of convicted paedophiles befriending children and drug abusers shoplifting. (W) (S) 1137

10.00 BBC News (W) (S) 36408
10.30 Local News, (W) (S) Weather 176953
10.35 The National Lottery Draws (W) (S) 175224
10.40 One Life A Jehovah's Witness faces surgery. (W) (S) Followed by National Lottery Update. 235595

11.20 FILM: Made In America 1993 (12) Romantic comedy. A school project leads a black woman to discover she's the product of artificial insemination. Whoopi Goldberg and Ted Danson star. (S) Followed by Weather. 282069

1.10 Sign Zone: Incredible Animal Journeys (R) (SL) (W) (S) 4023064 **2.10 Sign Zone: Digging Deep** (AD) (R) (SL) (W) (S) 7764793 **2.40-6.00 BBC News 24** (S) 46270977

8 PM

9.00 Torchwood Ianto Jones hides a terrible secret as a Japanese doctor tries to rescue the soul of a half-Cyberised woman. (AD) (W) (S) 645311
9.50 Two Pints Of Lager And A Packet Of Crisps (AD) (R) (W) (S) 817595

10.20 Look Around You The spoof educational series continues. Module two observes water in its different forms – solid, liquid and gas – and reveals how a modern snowman is made. (R) (W) (S) 933392
10.30 Newsnight (S) 277446

11.20 This Life Miles urges Delilah to have an HIV test and Egg, deeply embarrassed at having caused a scene at work, seeks advice from Warren's therapist. (R,S) 202427

12.00 This Life (R,S) 5281118 **12.40 BBC News 24** 4880915 **2.00 BBC Learning Zone: Schools: Key Stage 3 Bitesize Revision – Maths 3 (S)** 796884 **4.00 Go For It!** (S) 10625

9 PM

12.10 FILM: Infernal Affairs 3 2003 (15) Premiere. Thriller, starring Andy Lau. (W) (S) 60581286 **2.20 South American Championship Football** 5434880 **3.15 Golissimo** 7609625 **4.10 Transworld Sport** (R) (SL) (S) 4981915 **5.00 FreeSports On 4 (R)** 7376286 **5.25-6.10 Countdown** (R,S) 3482793

10 PM

11.05 Hunting Emmanuelle An insight into the cultural impact of the Seventies porn franchise spawned by a low-budget 1974 movie which caused a sexual revolution. (R,S) 686595

12.05 PartyPoker World Open II 78939538 **1.35 NHL Ice Hockey** 39855267 **4.30-6.00 Major League Soccer** 6376199

12.05 Desperate Footballers' WAGS Documentary offering an insight into the lives of modern soccer stars' wives and girlfriends, asking whether arguably the most envied women of the nation are really happy. (R,S) 7460088

12.05 Entourage (S) 2187712 **12.30 The Mint** (W) Followed by **ITV News**. 12159557 **4.05 The Jeremy Kyle Show** (R) (SL) (W) (S) 7464034 **5.00 Nightscreen** 66793

11.00 FILM: X2 2003 (12) Concluded. (AD) (S) 689682

10.30 ITV News Including Local News and Weather. (S) 30224

12.05 Entourage (S) 2187712 **12.30 The Mint** (W) Followed by **ITV News**. 12159557 **4.05 The Jeremy Kyle Show** (R) (SL) (W) (S) 7464034 **5.00 Nightscreen** 66793

(S) SUBTITLES (R) REPEAT (AD) AUDIO DESCRIPTION (SL) SIGN LANGUAGE (W) WIDESCREEN

ITV2

9.25 **Coronation Street** (AD) (R)
(W) (S) 1041427
9.50 **Emmerdale** (R) (S) 1043330
10.20 **The Montel Williams Show**
2015595
11.10 **Judge Judy** (R) (S) 3629392
12.30 **Coronation Street** (AD) (R)
(W) (S) 85359
1.00 **Emmerdale** (AD) (R) (W)
(S) 33972
1.30 **The Jeremy Kyle Show**
Talk show, (R) (W) (S) 5833576
2.35 **The Jeremy Kyle Show**
Talk show, (R) (W) (S) 1238069
3.40 **Ricki Lake** (R) 7871224
4.30 **Sally Jessy Raphael**
(R) 8550205
5.15 **Airline** (R) (W) (S) 762088
5.45 **Judge Judy** (R) 3302205
7.00 **The New Adventures Of Superman** Sam Lane is hunted by a vengeful criminal with telekinetic powers, while Lois's longing for a child prompts her to seek medical advice, (R) 87682

8.00 **Hell's Kitchen Final** The two finalists, Heather and Virginia, are given their final challenge – to design their own restaurants. They have 56 hours to create menus and decide on decor. Last in series, (R) 66413953
9.40 **The Planet's Funniest Animals** Film, video and TV footage featuring troublesome pets and crazy wild animals, 793576
10.00 **FILM: Tomorrow Never Dies** 1997 (PG) James Bond adventure, with Pierce Brosnan and Jonathan Pryce, (W) (S) 78857427
12.20 **Coronation Street** (AD) (R)
(W) (S) 7440002 **12.50** Playdate: ITV Play (W) 33282426 **4.00** Playalong: ITV Play 21828

ITV3

6.00 **Survival** (R) 2059594
7.00 **Peak Practice** (R) 7971663
8.00 **Ironside** (R) 7972392
9.00 **The Rockford Files** 7972156
10.05 **Agatha Christie's Partners In Crime** (R) 7639205
11.10 **Agatha Christie's Poirot** (R) 4580069
12.15 **Rumpole Of The Bailey** (R) 2756040
1.25 **Faith In The Future** (R) 29641494
1.55 **Faith In The Future** (R) 15941866
2.25 **Ironside** (R) 4582866
3.30 **Goodnight Sweetheart** (R) 9854682
4.05 **The Rockford Files** A routine investigation turns sinister, 7037682
5.05 **Peak Practice** (R) 2656224
6.10 **Goodnight Sweetheart** (R) 7330514
6.45 **Rumpole Of The Bailey** (R) 8101392
7.55 **Bramwell** (R) 1295359
9.00 **The Magnificent Seven** (R) 5695750
10.00 **Rising Damp** (R) 9082040
10.30 **Touching Evil** (R) 68239359
11.40 **Cracker** Part one of three, Fitz is arrested for causing a breach of the peace. Starring Robbie Coltrane, (R) 4018595
12.45 **The Bill** (AD) (R) (W) (S) 8117170 **1.50** Forever Green (R) 5333719 **2.40** Peak Practice (R) (S) 1631996 **3.35-5.35** Teleshopping 3498712

ITV4

6.00 **Miami Vice** (R) (S) 60459885
7.00 **The Saint** (R) 58628359
8.00 **Police, Camera, Action!** (R) (S) 64237999
8.30 **LAPD: Life On The Beat** (R) 89087296
9.00 **American Gothic** Gail accuses Sheriff Buck of complicity in the death of his former girlfriend, (R) 58617243
10.00 **Vincent** Crime drama, starring Ray Winstone as the headstrong leader of a team of private detectives. The investigation into a suspected case of adultery has a violent outcome, (R) (S) 97406392
11.30 **World Poker Tour** Six women compete in a high-stakes game, hoping to take home the \$25,000 prize, (R) 45556427
1.20 **Millennium** (AD) (R) (S) 99761557 **2.15** Miami Vice (R) (S) 77604070 **3.15** Millennium (AD) (R) (S) 60504557 **4.00** Teleshopping 44299002



THE BILL: ITV1, 8pm

ALAN FRANK'S TELLY MOVIES

STAR RATINGS

****Don't miss it ***Good **Average
*Time filler *Garbage!

■ **SLEEPING WITH THE DEVIL** (TVM, 1997) *** five 1.40-3.35pm. Thriller. Life becomes an increasing nightmare for Shannen Doherty when she discovers her seemingly perfect boyfriend is a dangerous psycho and things get worse after he hires a man to gun her down. Also starring Tim Matheson.

■ **CATTLE EMPIRE** (TVM, 1997) *** C4 1.40-3.30pm. Western. Trall boss Joel McCrea ends up in prison after his men go on the rampage in a quiet town. Five years later when he is released, he shows no sign of going straight and his plan to double-cross the mayor backfires. Also starring Gloria Talbott.

■ **COLUMBO: NEGATIVE REACTION** (TVM, 1974) *** five 3.35-5.30pm. Thriller. Dishevelled detective Peter Falk matches wits with a devious photographer who decides to sort out his marital problems by staging a murder and then making it look like a kidnapping. Also starring Dick Van Dyke, Antoinette Bower and Don Gordon.

■ **X2** (2003) **** ITV 9.00-midnight (inc News). Science fiction action sequel. The mutant heroes led by Patrick Stewart are forced to make an uncomfortable alliance with their arch-enemy Ian McKellen after an attempted assassination of the US President. Also starring Hugh Jackman, Alan Cumming and Halle Berry.

■ **MADE IN AMERICA** (1993) *** BBC1 11.20pm-1.10am. Comedy. When Nia Long finds she was born as the result of artificial insemination and tracks down her father Ted Danson, she finds he's a white used car salesman and not inclined to take on the responsibilities of parenthood. Also starring Whoopi Goldberg.

■ **INFERNAL AFFAIRS 3** (2003) *** C4 12.10-2.20am. Submitted Hong Kong action thriller. A hard-boiled policeman is cleared of involvement in the death of a fellow officer but faces problems when he returns to work, because the department is riddled with gangland informers. Starring Andy Lau and Tony Leung.

REGIONAL VARIATIONS

BBC1 Variations WALES: 1.30 Local News: Weather 14062309 **3.20** BBC News, Weather, Local News 3446750

6.30 Local News 175 **10.40** Frontline Iraq 332245 **11.10** One Life 28/205 **11.30** The Rockford Files 8571663 Zee Cinema Of Our Time: The Children's Story 1688915

BBC2 Variations WALES: 11.30 Amptv 10399 7.00 York Minister 35257 **2.30** Johnny Kingdom: A Year On Exercise 601

ITV1 Variations ITV1 ANGLIA: **3.28-3.30** Anglia Weather 3470717 **6.00-6.30** Local News 663 ITV1 CENTRAL **3.28-3.30** Local Weather 3470717 **6.00-6.30** Local News 663 ITV1 MERIDIAN: **3.28-3.30** Meridian Weather 3470717 **6.00-6.30** Local News 663 ITV1 CHANNEL **3.25-3.30** Puffin Plat(oe): Fun with Oscar Puffin and Harry the Hedgehog, 3470717 **6.00** Local News 663 **6.30** The Weather Channel: A Weather Show. Help local people can help the environment, 542739 **6.55-7.00** Local News 589825 ITV1 WEST: **3.28-3.30** ITV West Weather 3470717 **6.00-6.30** Local News 663 ITV1 WALES: **3.28-3.30** ITV Wales Weather 3470717 **6.00-6.30** Local News, Weather 663 **6.30** ITV1 WESTCOUNTRY: **3.28-3.30** Westcountry Weather 3470717 **6.00-6.30** Local News 663

5.45 As Channel 4 except: **9.00** KNTV Show 72910576 **9.30** Ysgolion 4025391 **10.20** Designers Under Pressure 95146021 **11.00** **10.45** Headline News 2000 **11.30** **1.30** BBC2 Boxset 74153385 **12.30** Planed Plant Bach 6747014 **1.15** **3.30** Wonder, Sons And Soldiers 27891507 **1.20** Your Money Or Your Wife 90902311 **1.55** How Clean Is Your House? 49640779 **2.25** Deal Or No Deal 51839172 **3.10** Countdown 76745798 **4.00** Planed Plant 74143408 **6.30** Rownd A Rownd 13997156 **7.00** Wedi 7 67916330 **7.30** Newyddion 13986040 **8.00** Pobol Y Cwm 58863446 **8.25** Cwprwldd 9190 **9.45** Wales 71022392 **9.55** **10.30** **11.30** **1.30** **2.30** **3.30** **4.30** **5.30** **6.30** **7.30** **8.30** **9.30** **10.30** **11.30** **12.30** Supernova 50941988 **1.05** Late Night Poker Masters 52828064 **2.05** The Death Squads 3306538 **3.05** Film: American Citizen 94946424 **2.40** South American Championship Football 24644083 **3.55** Diweddi

MIKE WARD
WHAT'S HOT TO WATCH TODAY

■ WATCH out for Gillian Taylforth as she makes her debut in **THE BILL** (TV1, 8pm) as Sgt Nikki Wright. She normally wears a nice neat police uniform but she would probably feel more in some sort of superhero outfit because she does seem to be a bit of a Wonderwoman. On her first day – it's just a one-off appearance at this stage – she's involved in a major traffic accident and attends to the victim of a stabbing.

And, just for good measure, she finds herself at the centre of an armed siege with Doctor Who. Or least a gun-wielding bloke played by ex time traveller Sylvester McCoy. He threatens to shoot his

hostage and Nikki but the ex EastEnders star is having none of it. She lives to fight another day and will be back as a regular on the show from December.

■ IF HE'S not careful, Jack's dicky ticker could play him up again. It's his birthday and that little tinker Tyrone books a stripper to liven up the bash in **CORONATION STREET** (ITV1, 7.30pm). Ty and his mates think that Vera and co are on their way to Amsterdam – but needless to say, they turn up at the Rovers. The question is: can the lads smuggle out the stripper before the eagle-eyed Vera spies her?

■ THE curtain comes down on **Perfect**, with **PERFECT**

DAY – THE FUNERAL (Five, 9pm), when the gang bid a tearful farewell to Pete (Aidan McArde), killed in a car crash. Claire Goose has been great throughout as central character Amy in a trilogy that has provided compulsive viewing – if you happen to give a toss about the lives and loves of a bunch of self-obsessed old university chums.

■ DIDN'T the BBC make a big song and dance a while ago about scrapping its home improvement type programmes? That would be why Nick Knowles is back with **DIY SOS**, then (BBC1 England, 8.30pm, Scotland, 7pm, not showing in Northern Ireland).

NEIL BONNER

Credit or debit card required. Offers subject to new 18 month minimum term contract. Delivery is next working day and charges apply. Fleet Value is for calls to local and national numbers and any UK mobile network (20p/min), texts to any UK mobile network (10p), picture messages (20p) or UK email/voicemail retrieval (10p/min). Fleet Discount: Available as £5 off monthly line rental. Applies only whilst you are on a Fleet price plan or until you upgrade or otherwise renew your minimum term contract. For 18 month contract, £100 deposit required. For 24 month contract, £200 deposit required. For 36 month contract, £300 deposit required. For 48 month contract, £400 deposit required. For 60 month contract, £500 deposit required. For 72 month contract, £600 deposit required. For 84 month contract, £700 deposit required. For 96 month contract, £800 deposit required. For 108 month contract, £900 deposit required. For 120 month contract, £1000 deposit required. 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DAILY STAR TV GUIDE

MATT BAYLIS



...ON LAST
NIGHT'S TV

IF THE supermarkets today aren't crammed with people in surgical masks stockpiling canned food, then it's no fault of **HORIZON** (BBC2). In last night's special - which was entitled "Pandemic" but might easily have been "Panic" - we had 90 minutes of the most clumsy scare-mongering since 1938, when Americans mistook the radio play of *War Of The Worlds* for a news report. The gist of the thing - aided by computer graphics of virus particles entering people's bloodstreams - was that the bird flu threat is still very real.

Drawing stark comparisons with the Spanish flu epidemic of 1918, it pointed out that the relatively small number of human deaths from bird flu means little. To date, around 140 people are reported to have died

from the H5N1 strain of the virus. And back in 1917, the same amount of people had succumbed to Spanish flu - a number which had turned to 15 million within a year.

The chaos that could result from a similar outbreak now is so great that most governments have contingency plans.

Tense

But will they be enough? If *Horizon* is to be believed, we're all probably doomed. This doubtless didn't intend to be an irresponsible piece of television. And the nuts and bolts science - explaining how easily the virus could mutate, how it spreads through the body and why it proves more fatal to young victims than their parents - was first-rate.

What led it astray was the dramatic reconstruction, telling how a bird flu pandemic could spread around the world.

There seemed to be some early confusion about what tense to use - so that "could" and "might" became "will" and "is". Export soundbites were dotted throughout the story, leaving the viewers baffled about what they were taking in - a genuine opinion from a respected authority, or an actor playing a part in a ghoulish disaster movie.

If this programme achieved anything - apart from spreading panic - it was to convince us that the dramatic reconstruction is a virus every bit as dangerous as H5N1.

It can spread through a decent documentary, ruining its credibility within minutes.

FILMS

SKY MOVIES 1

6.00am Kid Cop (1996) (U) Adventure, with Alexandra Paul. 67831048
8.30 Kangaroo Jack: G'Day USA (2004) (PG) Animated sequel. 1148798
9.50 Yu-Gi-Oh! (2004) (PG) Animated adventure. 94123392
11.25 Falsely Accused (1993) (PG) Fact-based drama, with Lisa Hartman Black. 39862934
1.05pm Kangaroo Jack: G'Day USA (2004) (PG) Animated sequel, with the voice of Ahmed Best. 5507953
2.25 5 Yu-Gi-Oh! (2004) (PG) Animated adventure. 349296
4.00 Star Wars: Episode V - The Empire Strikes Back (1980) (U) Sci-fi fantasy, with Harrison Ford. 10441840
6.15 Falsely Accused (1993) (PG) Fact-based drama, with Lisa Hartman Black. 38843492
8.00 Obsessed (2002) (12) Premiere. Thriller starring Jenna Elfman. 59279
10.00 Star Wars: Episode V - The Empire Strikes Back (1980) (U) Sci-fi fantasy, with Harrison Ford. 64682885
12.10am The Escapist (2001) (15) Thriller, starring Jonny Lee Miller. 423809
1.45 Swimming Upstream (2004) (12) Sports biopic, with Geoffrey Rush. 690373
3.30 Fall Into Darkness (1996) (15) Thriller. Jonathan Brandis stars. 215248
5.05-6.45 Kid Cop (1996) (U) Adventure, with Alexandra Paul. 63343996

RADIO

Radio 1 (FM: 97.6-99.8 MHz) 7.00 The Chris Moyles Show. 10.00 Jo Whiley. 12.45 Newsbeat. 1.00 Edith Bowman. 4.00 Scott Mills. 7.00 Zane Lowe. 9.00 Jo Whiley's In Live Music We Trust. 10.00 Colin Murray. 12.00 Huw Stephens. 2.00 Gilles Peterson. 4.00-7.00 JK And Joel. **Radio 2 (FM: 88-90.2 MHz) 6.00** Sarah Kennedy. 7.30 Wogan. 9.30 Ken Bruce. 12.00 Jeremy Vine. 2.00 Steve Wright. 5.00 Stuart Macdonie. 7.00 Nick Barracough. 8.00 Mike Harding. 9.00 Courtney Pine's Jazz Crusade. 10.00 Tears Of A Clown: The Story Of Smokey Robinson. 10.30 Mark Radcliffe. 12.00 Janice Long. 3.00-6.00 Alex Lester. **Radio 5 Live (MW: 909, 693 kHz) 5.00** Morning Reports. 5.30 Wake Up To Money. 6.00 Breakfast. 9.00 Victoria Derbyshire. 11.55 Prime Minister's Questions. 12.30 News. 1.00 Simon Mayo. 4.00 Drive. 7.00 Five Live Sport: Commentary on one of the evening's Carling Cup fourth-round ties. 10.00 6.0-6.11.11.00 Phil Williams. 1.00 Up All Night. **Virgin Radio (MW: 1215, 1197, 1242 kHz) 6.00** Christian O'Connell's Breakfast Show. 10.00 Russ Williams. 1.00 Neil Francis. 4.00 Martin Collins. 7.00 Ben Jones. 10.00 The Geoff Show. 1.00 Greg Burns. 4.00-6.00 John Osborne.

SKY MOVIES 2

7.10am Hockey Mom (2003) (PG) Drama. 42123446
8.55 The King And I (1999) (U) Animation. 66826359
10.40 The Winning Season (2004) (U) Drama. 6148934
12.20pm The Magical Legend Of The Leprechauns (2002) (PG) Drama. 57060682
3.20 Hockey Mom (2003) (PG) Drama. 29132601
4.55 The King And I (1999) (U) Musical animation, with the voice of Mariana Richardson. 3607458
6.25 The Winning Season (2004) (U) Sporting drama, starring Matthew Modine. 89724682
8.00 Cellular (2004) (15) TAction thriller, starring Kim Basinger and Will Beinbrink. 49110330
9.45 UK Top 10 Films currently on release. 436779
10.00 The Delta Force (1986) (18) Action adventure, starring Chuck Norris and Lee Marvin. 97742137
12.15am Green Street (2004) (18) Violent drama, starring Elijah Wood. 459199
2.10 Mr Wrong (1996) (PG) Comedy. 588129
3.50 6.50 The Magical Legend Of The Leprechauns (2002) (PG) Melodrama, starring Charlie Chaplin. 59837224
6.10 Made In Heaven (1987) (PG) Romantic fantasy, starring Timothy Hutton. 21727595
8.00 Bed And Board (1970) (15) Drama, starring Jean-Pierre Leaud. 43528069
9.45 Love On The Run (1979) (12) Drama, starring Jean-Pierre Leaud. 4090446
11.45 The Last Hard Men (1976) (15) Western adventure. 3589243
1.35am Irma La Douce (1963) (15) Comedy. 57833538
4.00 6.00 The Barbarian And The Geisha (1958) (U) Drama. 5817147

Sky Box Office Digital movies can be ordered using the handset from the on-screen listings guide.

SPORT

SKY SPORTS 1

6.00am Revista De La Liga 97717 7.00 WWE: Heat 9798 **8.00 Carling Cup Football 33779**
9.30 FA Cup Classics 58205 10.00 ICC Cricket Awards 2006 46243 11.30 Carling Cup Football 96717 1.00pm Revista De La Liga 57576 2.00 ICC Cricket Awards 2006 87088 **3.30 Carling Cup Football 56595
5.00 World Of Golf 1224
6.00 European Tour Weekly 2069
6.30 FA Cup Classics 6021
7.00 Live Carling Cup Football Birmingham City v Liverpool (kick-off 7.45pm). All the action from tonight's fourth-round clash at St Andrews. 516934
10.00 You're On Sky Sports! Grass-roots football comment. 93243
11.00 Transworld Sport Action and features from around the globe. 27311
12.00midnight J League Weekly 86199
12.30 Carling Cup Football 50828 2.00 FA Cup Classics 18354 **2.30 You're On Sky Sports! 86480 **3.30 FA Cup Classics 11441**
4.00-6.00 Live European Tour Golf The Champions Tournament. 38118****

SKY SPORTS 2

6.00am Aerobics Oz Style 3191595 6.30 Shift Adventure Snowriders 1832717 7.00 Aerobics Oz Style 3709514 **7.30 Shift Adventure Snowriders 3788021 8.00 Show Jumping 7181576 9.00 Shift Adventure Snowriders**

SKY CINEMA 1

6.00am Country (1984) (PG) Drama. 36552363
7.55 The Pilgrim (1923) (U) Comedy. 1178427
8.45 A Woman Of Paris (1923) (PG) Drama. 3468069
10.15 Made In Heaven (1987) (PG) Fantasy. 44818040
12.00noon The Barbarian And The Geisha (1958) (U) Drama. 5437514
1.50 Country (1984) (PG) Drama. 2549753
3.50 The Pilgrim (1923) (U) Comedy. 1344088
4.40 A Woman Of Paris (1923) (PG) Melodrama, starring Charlie Chaplin. 59837224
6.10 Made In Heaven (1987) (PG) Romantic fantasy, starring Timothy Hutton. 21727595
8.00 Bed And Board (1970) (15) Drama, starring Jean-Pierre Leaud. 43528069
9.45 Love On The Run (1979) (12) Drama, starring Jean-Pierre Leaud. 4090446
11.45 The Last Hard Men (1976) (15) Western adventure. 3589243
1.35am Irma La Douce (1963) (15) Comedy. 57833538
4.00 6.00 The Barbarian And The Geisha (1958) (U) Drama. 5817147

SKY ONE

6.00am Taste 7.00 Pokemon 7.30

Yu-Gi-Oh! 8.00 Malcolm In The Middle 8.30

Scrubz 9.30 Scrubs 10.00

Law & Order 11.00 Cold Case 11.30

Buffy 1.00 Scrubs 1.30 Scrubs 2.00

Cold Case 3.00 Buffy 4.00 Star Trek: Voyager 5.00 Stargate SG-1 6.00

Malcolm In The Middle 6.30 Malcolm

In The Middle 7.00 Simpsons 7.30

Simpsons 8.00 Stargate SG-1 9.00

StarGate Atlantis 10.00 The Race

11.00 Popcorn 11.30 More Big

Ideas 12.00 Midnight Battleground Galactica 1.00

1.30 StarGate SG-1 1.50 Mile High 2.40 Football's Hardest Away Days 3.30 Temptation Island UK 4.20

Keen Eddie 5.10-6.00 Dream Team

BBC THREE

7.00pm Torchwood Declassified

7.15 Robin Hood 8.00 Celebrity

Scissorshands 9.00 Film: Lara Croft: Tomb Raider (2001) (12) 10.30

Celebrity Scissorshands 11.30

Dogtown 12.00midnight Two Pints

Of Lager And A Packet Of Crisps

12.30 Two Pints Of Lager And A

Packet Of Crisps 1.00 Celebrity

Scissorshands Uncut 3.00 Dog Borstal

BBC FOUR

7pm 40 Minutes On **8.00 The World**

8.30 The House Of Chanel 9.00

Lonesome Dove 10.30 Lead Balloon

11.00 Never Mind The Full Stops

11.30 Hungary 1956: Our Revolution

12.30am Dinner With Portillo 1.00

Janine Di Giovanni Talks To Kirsty

Wark 1.30 African Rock 'n' Roll Years

2.30 Lead Balloon 3.00 Never Mind

The Full Stops 3.30 Janine Di

Giovanni Talks To Kirsty Wark

BBC FOUR

6.00am E4 Music: Uninterrupted

7.30 Wake Up With McFly 8.30

Whatever You Want 11.00 Nothing

But 2003 **12.00noon E4 Music:**

Uninterrupted 1.00 Freshly Squeezed

Extra 2.00 The OC 2.55 Beauty And

The Geek 4.00 Scrubs 4.30

Hollywood 5.00 Friends 5.30 Friends

6.00 The OC 7.00 Hollywood 7.30

Scrubs 8.00 Friends 8.30 Friends

9.00 Desperate Housewives 10.00

Bol In The USA 10.30 Star Stories

11.00 Goldplated 12.05am Sex And

The City 12.45 No Angels 1.45 Bo!

In The USA 2.10 Star Stories 2.35

Desperate Housewives 3.15 No

Angels 4.15 Beauty And The Geek

4.55 Switched 5.20-6.00 Switched

MORE4

10.35am Countdown 11.15 Deal Or

Do 12.10pm New Paul O'Grady

Show 1.10 Film: The Diamond Queen

(1953) (U) 2.40 Thirtysomething 3.45

Film: The Long Ships (1963) (PG) 6.05

Deal Or No Deal 7.00 A Place In The

Sun 8.00 News 8.30 Jon Stewart

9.00 Film: Bright Leaves (2003) (PG)

11.10 Starkey's Last Word 11.40 Jon

Stewart 12.10am Thirtysomething

1.10 A Place In The Sun

televisionX

(SKY 903)

10.00pm Freeview 10.10 The Two

Jonnie 10.30 Eurochicks 10.40

A*** Teens 11.00 Freeview 11.10

A*** Teens 11.15 The Omar Show

11.25 Glamour S*** 11.40 Road

Trip - Esher 11.55 Amsterdam

Central 12.00midnight Freeview

12.10 Amsterdam Central 12.25

Ben Dover 12.50 Anna's Place 1.10

Twin Cheeks 1.35 *** Crazy 1.55

Action Time 2.00 Backseat Driver 10

3.10 Beautiful Nasty

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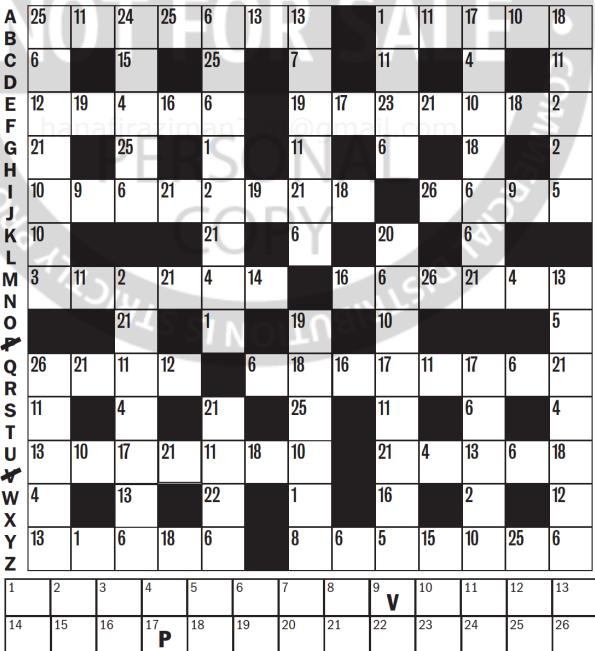
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PUZZLE FACTOR

DAILY
STAR

THE PAPER FOR WINNERS

Alpha Puzzle™



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Alphapuzzle™ tests your logic and word power. Each grid number represents a letter. Every letter of the alphabet is used. Use the given letter or letters – below the main grid – to start. Solution tomorrow.

DIFFICULTY: 7/10; **TARGET:** 24 minutes; **CLUE:** Space for the French hubby.

YESTERDAY'S SOLUTION: Across: Bray, Cakewalk, Astound, Troop, Shrug, Cellar, Indeed, Ormolu, Obtain, Scrub, Uncle, Martial, Overdose, Send.

Down: Bearskin (clue), Ouzo, After, Debacle, Juggle, Ahead, Abduct, Gnomes, Extol, Resort, Avocado, Raise, Kept, Quibbled.

EXTRA LETTER CLUES: 0906 751 3120 (Hear up to six extra letters, deduct two minutes for each clue letter heard)

• Alternatively, text DSALPHA to 86100 and we will text the extra letter clues direct to your mobile. • Texts cost £1 plus normal network operator rate.

FULL SOLUTION: 0906 751 3121

• Calls cost 75p per minute from BT landlines



CHAT PUZZLES ON
SALE NOW

TWO-WAY TEASER

CRYPTIC CLUES ACROSS

- What reactors do, in a manner of speaking (7)
- Throw from sports field (5)
- Compete – for victory, that is (3)
- Walk quickly – it's routed all over the place (6,3)
- It's dead right afterwards! (5)
- This sly mixture is fashionable (7)
- Young animals carelessly cast aside? (6)
- Tank on outside of vessel is empty (6)
- Jet in a storm (7)
- Young ladies left in unusual rigs (5)
- Practice that's on the right lines? (9)
- One we dread (3)
- Learner has to move slowly from rocky shelf (5)

25 Is corn I chewed stuck in tooth? (7)

DOWN

- Competitor's arrival, knocking a bit off (5)
- He watches post react badly (9)
- Watch and follow the rules (7)
- Being terribly rude on ship can cause intimidation (6)
- Fit of temper in a field (5)
- A couple in it wouldn't (3)
- Sort of man who's a killer but buried peacefully? (7)
- Terrible rain comes up behind (2,7)

YESTERDAY'S SOLUTION: ACROSS – 1 Experienced, 7 Own, 9 Treadmill, 10 Laird, 11 Hopped, 14 Mica, 15 Golf, 16 Scooter, 17 Lash, 19 Isle, 20 Scorn, 23 Porch, 26 Adrenalin, 27 Eon, 28 Golden eagle. DOWN – 1 Eat humble pie, 2 Peep, 3 Radio, 4 Exile, 5 Cull, 6 Domino, 8 No difference, 11 Hash, 12 Pious, 13 Ditto, 15 Grin, 18 Strong, 21 Carve, 22 Range, 24 Hall, 25 Plug.

25 Is corn I chewed stuck in tooth? (7)

DOWN

- Virtuous in a spirited sort of way? (7)
- Shrub growing requiring little skill? (6)
- About to get up for a funeral celebration? (5)
- Sharp weapon's point applied to fruit (5)
- You get concealed in such identities (3)

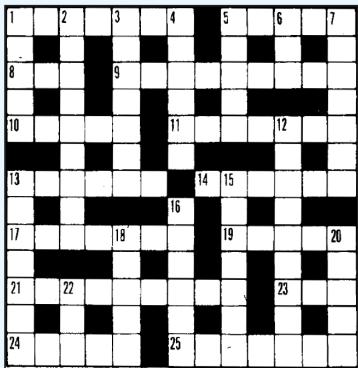
QUICK CLUES
ACROSS

- React (7)
- Soccer ground (5)
- To contend (3)
- Walk briskly (6,3)
- Afterwards (5)
- Smart, fashionable (7)

13 In a word, it's word for word! (7)

- Virtuous in a spirited sort of way? (7)
- Shrub growing requiring little skill? (6)
- About to get up for a funeral celebration? (5)
- Sharp weapon's point applied to fruit (5)
- You get concealed in such identities (3)
- Opponent (5)
- Onlooker (9)
- Watch closely (7)
- Forceful constraint (6)
- Fit of temper (5)
- A couple (3)
- Axe (7)
- Behind with payments (2,7)
- Word for word (7)
- Like a cherub (7)
- Miniature tree (6)
- Fully conscious (5)
- Asparagus shoot (5)
- Concealed (3)

Two sets of clues but the answers are the same
ANSWERS TOMORROW



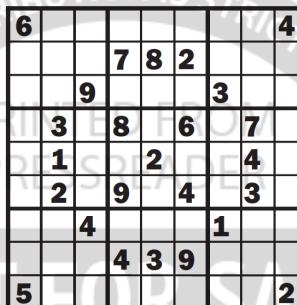
The Daily Star Crossword Books Vols 4, 5, 6, 7, 9 and 10, The Puzzler Books of Crosswords Vols 1-4 and The Puzzler Books of Puzzles Vols 2, 3 and 4 are all currently available at £3.99 each. Please send a cheque or postal order made payable to The Daily Star Bookshop, PO Box 200, Falmouth, TR11 4WJ or telephone 0871 521 1305 with your credit card details. Please allow 14 days for delivery. Postage in the UK is free.

Fill and Find

Before you find the words in the grid, you have to work out what they are! Discover them by finding a word that follows the first listed word, and precedes the second. The words will be in alphabetical order, and one can't be found in the grid. Which?

BATTERY	RAIN
NATIONAL	PATROL
COOKED	CEREAL
HOT	CHIPS
EGYPTIAN	WOOL
DOUBLE	CAKE
FRENCH	BAT
WHITE-COLLAR	SCENE
ROAST	JACKET
SAFETY	SERGEANT
BLACK	VINE
TOWN	MARK
WHITE	HUSBAND
TEAM	WRITER
SEWING	GUN
SCRAP	SEAMAN
PRICKLY	DROPS
STATE	BOOK
WHITE	PUNCH
COMMON	OUT
MAGIC	QUESTION
BREATHING	AGE
HARD	WHEEL

SUDOKU



Extra clues: 0906 751 3124 Calls 75p/min from BT landline

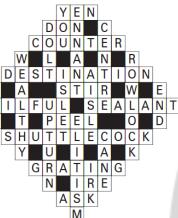
Fill the grid so that every column, row, and 3x3 square includes all the digits from 1 to 9.
LEVEL: Difficult **TARGET:** 35 min

YESTERDAY'S SOLUTION

2	6	5	7	1	9	3	4	8
8	7	1	4	3	5	2	9	6
4	3	9	2	6	8	1	7	5
7	5	2	1	6	9	3	8	1
1	9	4	8	5	2	6	3	7
3	8	6	1	7	4	9	5	2
9	4	3	5	2	6	7	8	1
5	2	7	9	8	1	4	6	3
6	1	8	3	4	7	5	2	9

YESTERDAY'S SOLUTIONS

DIAMOND CROSSWORD



ANSWERS IN TOMORROW'S

DAILY
STAR

Just Jane



JANE O'GORMAN SOLVES
YOUR PROBLEMS TODAY
... AND EVERY DAY

Sex lies
could
split us

MY boyfriend's brother came on to me and now my relationship's a mess.

We were at a family party and my guy, who is a fireman, was called to an emergency.

I hadn't intended to stay after he went, but his brother had just split from his girlfriend and we were chatting.

I said that if there was anything I could do he only had to say.

He said there was – but I'd have to go up to his old bedroom.

I suppose I was stupid, but I had no idea that he was going to leap on me and try to get my knickers off.

I slapped him really hard and told him not to be so nasty, then he began crying and said that I was the one he'd always wanted and when he broke up with his girlfriend he hoped that we'd get together.

I explained that I loved his brother and loved him like a brother and he should stop thinking of me like that.

I promised not to tell anyone, but he has told my boyfriend that I leapt on him and now my fella is sleeping in the spare room until he makes his mind up who is lying.

How can I get him to believe me?

JANE SAYS: Relying on your boyfriend's brother to confess just won't happen as he certainly won't want the truth to come out.

All you can do is make sure your man knows exactly what happened.

Perhaps confronting this sleaze in front of your fella could make him see that you are telling the truth.

FORCED TO RAT ON CHEATING MATES

TELLING ALL WAS THE ONLY WAY TO SAVE MARRIAGE

IN AN effort to save my marriage I told my wife the truth not only about me, but all our friends and now I've stirred up a real problem.

I know I was really stupid to risk my wife and daughter for a meaningless shag with a girl I met while on holiday with a mate, but it was so tempting.

I met her in Greece on a week's sailing trip in the summer and I just couldn't stop myself.

My mate told me I was mad, but it seemed to make me want to do it all the more.

When I got home I felt so guilty I had to confess to my wife and she chucked me out.

To try to get her back I promised I'd tell her the total truth about everything and ended up spilling the beans about all my mates.

Stupid

My wife forgave me, partly because she could see I wasn't the only one of our group to have cheated.

But I never thought she'd tell my mates' wives what they'd been getting up to.

We had a few of them round one night and the wives were telling my wife that she was stupid to have me back.

She let rip and told them all about their husbands.

One was shagging a secretary at work, another was having sex with an ex and a third was cheating with his sister-in-law.

My wife told them all in graphic detail and our party came to a

grinding halt. There were huge arguments and one woman threw a bottle of red wine over her husband.

Now none of them wants to know us and the rest of our friends are being very wary.

What should we do?

JANE SAYS: You can't take back what your wife said, but there's no point in crying over spilt milk. Circumstances were definitely against you.

Those secrets weren't yours to tell but on the other hand if those women hadn't told your wife that she was mad to take you back she wouldn't have told them that their husbands had also been up to no good.

The thing is, your friends were cheating and they got caught out – end of story.

I suggest that you explain that you were trying to save your own marriage and had no option but to tell your wife their secrets.

If they can see what a hole you were in then I'm sure they'll understand.

However, there's no guarantee that they'll forgive you.

If they don't then you can always start again and try to make new friends.

But I suggest that in future you don't allow yourself to be tempted.

Then you won't find yourself in a situation where you have to use other people's secrets to get you out of a tight spot.

It's a tough lesson to learn, but then again tough lessons are generally the ones that we remember and learn from.



STORMY WATERS:
He's in trouble after telling his wife about his ship-board romance

MY boyfriend and I have been saving for a deposit on a flat but he keeps spending money.

At the rate he's going I think we'll be about £50 before we can buy our first home.

Last month he dipped into our savings again and bought some new gadget for his computer. The month before that it was a top-of-the-range mobile.

Then he booked a weekend away for some mate's stag party.

I don't spend anything like what he does and each month my direct debit goes into our savings account only for him to take some of it out.

He is contributing himself to the savings account, but I don't think it's fair.

How can I convince him that he's got to economise?

JANE SAYS: It sounds as if your boyfriend isn't quite ready to buy a flat with you and settle down.

He may have said so, but that was probably to keep you quiet and to stop you nagging about the next step of your relationship.

He's enjoying himself and having what he wants with no thought to the savings account or buying a flat with you.

I suggest tell him you are putting the property idea on hold, stop the direct debit and start saving for yourself.

That way your money isn't being squandered by him.

(Calls cost 75p per minute from a BT landline)



JANE'S ADVICE LINES

0906 751 3140

Find Your Soul Mate

0906 751 3141

Great Sex For Him

0906 751 3142

I Want Bigger Boobs

0906 751 3143

Sizzling Sex

0906 751 3144

Stop The Split

0906 751 3145

We Argue all the Time

0906 751 3146

My Sex Life is Boring

0906 751 3147

Confidence

0906 751 3148

Coping with a Break Up

0906 751 3149

Coping with jealousy

0906 751 3150

Fantastic Sex

0906 751 3151

Female orgasm

0906 751 3152

Finding the Perfect Partner

0906 751 3153

Great Sex For Her

0906 751 3154

I'm so lonely

0906 751 3155

Loving for the first time

0906 751 3156

Partner Affair

0906 751 3157

Having sex after baby

My guy rejects me for his ex

MY new boyfriend didn't call or text me once when his ex came back for a visit to her family.

She'd left a year ago to live in Canada and was here for a month, but during that time I was like a single person again.

After she'd gone my boyfriend told me that she wouldn't like it if she knew he had a new girlfriend and just expected me to accept it. But I'm furious.

If they are no longer a couple what's it got to do with her who he goes out with?

He says it's not like that, but he refuses to explain what it is like!

JANE SAYS: This guy has got to work out what he wants. He's either with you or her and he can't hide you away if she drops into town.

Tell him just how hurt you've been by this and demand that he promises it will never happen again.

If he won't then it doesn't take much effort to work out what that really means.

Write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN or email jane.gorman@dailystar.co.uk

I DIDN'T REALISE WHAT SHE WANTED

Day three

1 IN THE GARDEN



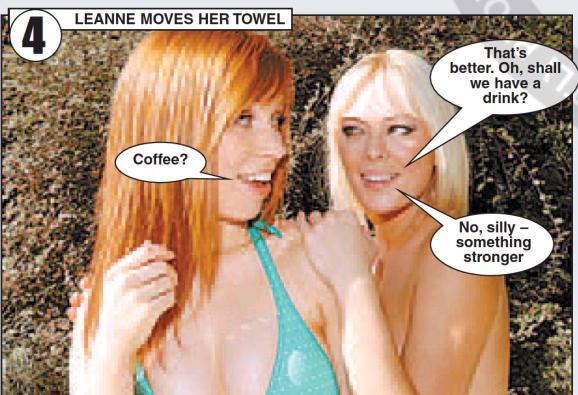
2



3 LEANNE HAS PUT HER BIKINI ON



4 LEANNE MOVES HER TOWEL



CONTINUES TOMORROW

Justin Toper

The **DAILY STAR**-gazer who knows your future

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JUSTIN'S BIRTHDAY LINE
0906 751 5777
If it's your birthday today call for a special reading

Calls cost 75p per minute from a BT landline.

Aries (Mar 21-Apr 20)

NOT only should you clinch a deal, but you could enter into a mutually beneficial arrangement today. You may also be trying to figure out why you're so lucky. Push your luck - you can't fail. Meanwhile, what you are doing with someone you fancy is not flirting, it makes good business sense. To see why all you have to do is flutter your eyelids, call...

To receive daily texts
send **DSAR1** to 85100

0906 751 5771 (01) *

Taurus

(Apr 21-May 21)

THE Sun is close to Mercury, and it doesn't appear that partners or various individuals are being logical. However, one relationship does make sense. It's not as if you are marrying beneath yourself. A business partnership is still unfolding. Run with it. To see why things should start going your way, call...

To receive daily texts
send **DSTAU** to 85100

0906 751 5771 (02) *

Gemini (May 22-June 22)

RATHER than having too much time on your hands, you may be very busy. But you also appear to be in limbo. Try to keep to one arrangement today. Indeed, you might already have something pencilled in. Tracking others down is hard - but you'll pull it off. To see why a request will be granted, call...

To receive daily texts
send **DSGEM** to 85100

0906 751 5771 (03) *

Leo (July 24-Aug 23)

LIKE many Leos, you have a certain style, and you prefer luxury to poverty. Chances are you will make a worthwhile purchase today - something lovely for the home. You will be sharing household responsibilities too. Partners can look after themselves. You don't have to carry that guilt as well. To see why your home is welcoming, call...

To receive daily texts
send **DSELO** to 85100

0906 751 5771 (05) *

Cancer

(June 23-July 23)

EMOTIONALLY you can't take any more and you must get away. You are certainly not afraid to do your own thing today - just don't saddle yourself with debt doing it. Love isn't hard to find if you look in the right places. One whistle and you'll come running. To see why you might start an affair with someone you've admired for ages, call...

To receive daily texts
send **DSCAN** to 85100

0906 751 5771 (04) *

Libra (Sep 24-Oct 23)

YOU are probably going to have to sort things out for yourself today. Despite a barren spell, you could receive one offer after another. Even if you are locked in a dispute, all you need to do is think straight and things will work out fine. To see why family members have your best interests at heart, call...

To receive daily texts
send **DSELO** to 85100

0906 751 5771 (06) *

Virgo

(Aug 24-Sep 23)

YOU are likely to be here and there for the most part today. This may also include a lengthy meeting where nothing is resolved. You want to help as many people as possible today. The question is, whether there is enough of you to go round. To see why someone will make a plea for assistance, call...

To receive daily texts
send **DSVIR** to 85100

0906 751 5771 (07) *

Scorpio (Oct 24-Nov 22)

THE Sun in Scorpio and close to Mercury can make you a bit light-headed today. In reality, you should have no problem discussing your feelings. This is only the beginning, as you are bound to open up even more. Stay calm and a personal request could be granted. To see why you fancy your chances of success, call...

To receive daily texts
send **DSSCO** to 85100

0906 751 5771 (08) *

Sagittarius (Nov 23-Dec 21)

THERE may be some behind-the-scenes activity today. But you are not entirely clueless. You could be well up for a challenge at the moment. Perhaps you should give someone the benefit of the doubt. It would be foolish not to. You might learn the result of a recent inquiry. To see why you need to keep your ears and eyes open, call...

To receive daily texts
send **DSSAG** to 85100

0906 751 5771 (09) *

Capricorn

(Dec 22-Jan 20)

NEW sights and sounds beckon. It is unlikely that you will resist the allure of an affair. You're a bag of emotions today. You may be left cursing your luck when you have to call in a favour. Maybe you should grant someone else the power to act for you. To see why you can expect an unusual experience, call...

To receive daily texts
send **DSCAP** to 85100

0906 751 5771 (10) *

Aquarius (Jan 21-Feb 19)

YOUR ability cannot be questioned. In fact, you should get a positive reaction from those in authority. How much influence you have remains to be seen. You could say you have a lot of influence. This is the day when an enormous weight is lifted off your shoulder. To see why your performance won't be mediocre, call...

To receive daily texts
send **DSAQU** to 85100

0906 751 5771 (11) *

Pisces

(Feb 20-Mar 20)

THIS is an exceptional time for all forms of travel and you may be revisiting places, much to the annoyance of those who feel you have let them down. There is a tendency to over-reach yourself today. Sticking to a schedule won't be easy. Are you prepared for a long trek? To see why the fates are working with you, call...

To receive daily texts
send **DSPIS** to 85100

0906 751 5771 (12) *

* When you telephone to hear Justin's weekly in-depth forecast, you will be asked to dial your special Zodiac Number. This is the number in brackets next to the general number under each of the star signs. Calls to Justin's Zodiac Lines cost 75p per minute from a BT landline. Subscribe to receive Justin's daily texts for 50p per message per day; eg text **DSAR1** to 85100. You will be sent one new message daily. This is a subscription service - it will cost you 50p per day until you text your star sign's code followed by STOP, eg **DSAR1STOP** to 85100. For help call 0870 834 7549.

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Mr Ward - West Midlands

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‘I bet Blair will offer
Saddam asylum now’

just surprised Blair hasn't offered Saddam Hussein asylum, after all he seems to like importing LOST CAUSES, **gd**

SADDAM HUSSEIN SHOULD BE PUT BACK IN AS LEADER OF IRAQ AGAIN HE DONE A BETTER JOB THAN THE BRITS & AMERICANS ARE DOING. **BUNDY**

SADDAM HANGING SHOULD B ON TV PAY PER VIEW WITH PROFITS GOING TO FIGHT WAR ON TERROR. **WAYNE**

bloody christmas is almost here again, i end up spending hundreds on prezies, and all you get back is a mingey pair of socks. **BAZ**

HOUGHTON, WIDNES

To compo. Cant beat a nice days rabbit hunting. Food for the family food for the dogs. And i work a normal 40hour week. **RH**

BB, i disagree with ya, i'm female and i think that pete doherty is a complete talentless no hope who looks like he needs a bath. **pam**

Hey big kev had the exact same problem wit o2 took ages to get rid of em. **big g**

when r they gonna make throwaway phones so when i argue with my dad i dont smash it to bits? **PHIL EDGE JNR**

what crap is X factor this yr? any 1 from last yr wud wipe the floor wid this p*ss poor lot. **wobbly, preston**

How are the McDonald brothers still in the x factor? im well better when im singing in the shower. **WILL**

a message to all you low lifes who brag about not working. If it wasnt for us workers you would be sleeping in a doorway. Grow up and get a life. **dj**

WILL HOLLYOAKS PLEASE CHANGE CREDITS AT BEGINNING, HALF THE PEOPLE IN THEM ARE NOT EVEN ON THE PROGRAMME ANY MORE. **RIDDER**

They say you cant teach an old dog new tricks. Rubbish! I just taught

my girlfriend to juggle, and shes 30. **WONKA, DUNDEE**

2 happy raver - ye kinetic best club eva. iv got a dvd frm there. we all lukt like proper scruffs tho. **freddie, widnes**

Haha MORPHEUS NI i agree about muppets. Ulstermen have best sense of humour. Does any1 agree? **STEVIE BELFAST**

Big Brother Pete wants 23 kids with his 22-year-old chick. That's her life sorted till her 40s then! **Adrian, Cheltenham**

BB Pete has had his 15 mins of fame. His girlfriend book or music is of no interest 2 anyone outside of Brighton. **NOT A FAN**

To SHARK11, you have no taste at all. Nikki Graham is one sexy gal. Bet you fancy Jordan. **Bton Boy**

I totally agree with Chelsea Steve, the redhead in Girls Aloud always looks so miserable. **anon**

paulo, there r loads of fit birds in donty! **donyguss**

i agree with u akyl and oriental girls dont treat u like sh**t. **bob, peterboro**

to jana RE michelle marsh. **jealous r ya? MARK**

2 Jane michelle marsh has the biggest and best pair i have ever seen. **ray**

Hands off Michelle Marsh's t*ts! **She still has 1 of the best pairs around. DOM**

I always knew the breast babes were from the north. Lucy Parsoner - wot a body! **AI**

Charlie stubbs is great. All women are the same, lyin, cheating. **KEIRON KAVANAGH, WIDNES**

I think Natalie Pike off Price is Right is gorgeous. **A, Lytham**

To john leigh, agree fonzie was cool and ralph malph was a hoot! That joanie was a minger tho poor chachil! **Devlin northants**

DOES ANY1 KNOW THE HOFF!!! **RICKYROSSER**



Nice to see the sexy suranne jones is on tv again please print a pic preferably showing us her striking legs please as its my birthday. **corky leeds**

PICS
APPEAL

Me and Alan Carr from the Friday nite project broadway theatre barking – Jackie Kennedy

FOR legal reasons, we are unable to respond to text messages. If you have a query that needs a reply, write to: Daily Star, 10 Lower Thames St, London EC3R 6EN.



WE pay £5 for jokes printed (not texts). Write to: You're havin' A Laugh, Daily Star, 10 Lower Thames Street, London EC3R 6EN

A MAN was walking his dog when the wind blew off the hat of a woman walking by. His dog chased the hat and chewed it to bits. The woman said: "Look what your dog did to my hat!" The man laughed and said: "Come on, he was just being playful!" The woman said: "I don't like your attitude!" The man replied: "Well, love – it was YOUR hat he chewed!"

VIC CORNACIA,
Plymouth, Devon.

A MAN had to attend court for a paternity test. When he came out, his pal said: "Well, are you the dad?" The man laughed and said: "They'll never find out. They took the sample from my finger!"

PAULINE YORK,
Oldbury, West Midlands.

PETE: "You've put on a fair bit of weight recently, Charlie." CHARLIE: "Yeah, I've had a lot on my plate."

PETER MARDEN,
Rotherham, South Yorks.

Text DSJOKE (space) name and joke to 82100. Listen and laugh as your mate is wound up on 0905 235 8158. Calls cost 21p per minute.

LETTERS
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£10 LETTER

WHAT A GOOD IDEA, I thought, when I read that surgeons will do minor ops in theatres in supermarket car parks (**D. Star, November 2**).

Instead of picking up MRSA in hospital, we can pick up the weekly shopping instead.

Then we can have our cataracts or whatever removed. Ugh!

MARIE KING,
Cleveland, Teesside.

BRITAIN produces only 2% of world carbon dioxide emissions. So Gordon Brown has no right to inflict "green taxes" on the over-taxed British public. We should name and shame offending nations who are now belching 98% of the carbon dioxide emissions into the atmosphere and making global warming worse.

THELMA ANDREWS, Bristol.

THE cracks about Heather Mills by Jonathan Ross at the Q awards were disgusting.

Unless Ross lived with the couple, how can he know her? And to make fun of Heather's disability? Just sick.

LEN ROBINSON,
Cardiff.

